



Preventing jet lag

Planning to cross time zones? Consider these tips to help your body – and mind! – adjust to the change.

- Eat lightly on your flights, at layovers and on the first couple days of your trip. Your body is better off using energy to adjust to a new time than digesting food.

- Make exercising a priority on long flights to prevent backaches, swollen legs and feet, fatigue and blood clots. Take walks down the aisles and stretch as much as possible.

- Drink plenty of water and avoid alcohol and caffeinated beverages, which can lead to dehydration and alter your body's natural energy ebb and flow.

- Go to bed earlier the night before your flight and sleep on the plane if you'll be arriving at night. Bring headphones and an eye mask to help block out noise and light on the plane.

- Though not proven, some people claim that taking melatonin can significantly help in preventing jet lag.

- Dress comfortably. Because swelling is common on long flights, remember that tight pants or shoes will get even tighter over the course of the trip. Give yourself some breathing room.

- Finally, expect to be jet lagged. Avoid planning early morning or late night meetings or events. Plan to use the first day or two after your arrival to relax and get accustomed to a new sleep schedule. -- WB

Women's Wilderness offers girls' expedition

Talk about your girl power! The Women's Wilderness Institute is gearing up for one of its most exciting programs since its 1988 inception: The Wilderness Expedition Leadership Course for girls.

The July 28 to August 4 program will take a group of 15- to 17-year-old girls to the Mt. Zirkel Wilderness area near Steamboat Springs, for a jam-packed session of rock climbing, backpacking and map and compass navigation while focusing on leadership, team-building and nature.

Girls cook their own meals, practice real-world leadership skills, sleep under the stars and finish up the trek with a community project.

"The girls can expect the course to be fun, challenging and different than anything they've ever done," says Laura Tyson, Executive Director of Women's Wilderness. "They learn the outdoor skills that will set them up for a lifetime of adventures, and stretch themselves to discover things about themselves – like new-found confidence and the importance of deep, meaningful friendships."

Although the expedition is based in adventure, the staff of Women's Wilderness is well aware that it's important to allow plenty of "down time" for playing games, creating art projects, writing in journals and just "hanging out."

"You're entirely self-sufficient during the course," explains Laura. "It helps to be in good shape, but more



Adriana, Tsaga, Alys, Tory, and Shayna on the trail in Mt. Zirkel Wilderness area.

important is a positive attitude and a willingness to try."

As for what to bring, "We provide all the necessary gear, like adjustable packs, tents, stoves and sleeping bags," says Laura, "We even have outdoor clothing and hiking boots to loan if necessary. We supply all snacks and hearty – mostly vegetarian – meals. And of course, plenty of dessert!"

One of the highlights of all the expeditions is the September slideshow and pizza party for participants, their families and friends.

"It gives the girls a chance to share their experience," says Laura. "And reunites them with the friends they've made."

Tuition for the Wilderness Expedition is \$990 and full and partial scholarships are available. Ten other girls' courses are offered, and the Institute also offers fun, inspiring courses for adult women, in rock climbing, backpacking, flyfishing, canoeing, wilderness yoga, and more. To learn more, visit womenswilderness.org or girlswilderness.org or call 303-938-9191. -- WB

Quarterly update from the Boulder County Commissioners

Boulder County's breathtaking views, expansive open spaces, multi-use paths, trails and many nature and recreational opportunities make this community a truly amazing place to live and work. Indeed, each day we are offered such a large array of possibilities for enjoying life in Boulder County it's hard to decide which one to take advantage of first!

Boulder County's character and quality of life didn't happen by accident – Boulder County leaders, staff, Youth Corps, senior citizens and volunteers are working hard year-round to plan and carry out improvements and additions to our community's open space properties, trails and transit networks. Additionally, our "alternative modes" transportation specialists are helping more people find fun and creative ways to leave their cars at home and hop on the bus, their bike, or join a carpool to help cut down on traffic congestion and air pollution along the Front Range. Here are just a few of the exciting things happening this summer:

- **Mud Lake Grand Opening:** This new open space property near Nederland offers 233 acres of beautiful mountain land surrounding a 4-acre lake. Open year-round, Mud Lake Open Space now offers a total of three miles of trails with scenic views and connections to neighboring trail systems.



- **Heil Valley Ranch Loop Trail:** County trail crews, with help from the International Mountain Biking Association, are constructing a second loop at Heil Valley Ranch.

- **Walker Ranch/ South Boulder Creek Trailhead expansion:** Boulder County Parks and Open Space received a \$145,000 grant from Great Outdoors Colorado and Colorado State Trails to double parking capacity at the South Boulder Creek Trailhead and construct a permanent restroom.

- **Cottontail Trail connection:** Three continuous miles of trail connecting Gunbarrel and Niwot. The approximately 3,500-foot trail provides a crucial connection between the existing Cottontail Trail and trails leading to downtown Niwot.

For more information about Boulder County Open Space, visit co.boulder.co.us or call 303-441-3399.

We hope to see you along the way this summer!
Sincerely, Boulder County Commissioners