

JRD NEWSLETTER MARCH 2018

Thursday March 15th
5:00-9:00 pm

Free!!

Ladies NIGHT OUT



Ladies Night Classes

Spinning
TRX Training
Zumba
Boot Camp

Jerome Recreation District

2032 South Lincoln
Jerome, Idaho 324-3389

A few of last years vendors

Great Harvest Bread
Young Living
Self Defense tips
Perfectly Posh
Paparazzi Jewelry
Do Terra
Massages
Nail Techs
Books
Scentsy

Vendor booths only \$10!
Vendors need to bring their own table.
Call 324-3389 to reserve a
Spot and showcase your product!

What can you expect at JRD Ladies Night?.....

- Free Fitness Classes
- Handmade Crafts
- Skin care tips
- Beauty products
- Snacks and
- Refreshments
- LOTS OF FUN!!!

Spring is Finally Here!!



Birds are chirping, flowers are blossoming, days are getting longer and warmer. A new cycle begins! Are you feeling the blooming energy too or are you feeling like you need a boost to renew your energy and

put a spring in your step?

Spring is a season of transformation, rebirth and new beginnings. It is a time to express the reflections you have been contemplating throughout winter. It is a time to get active, to create your dreams and to expand outwards!

Here are 10 ways to help you build up energy and feel happy:

Spring Cleaning

- Now is an excellent time to get rid of old clothes, books, or furniture you are not using or that have a stagnant energy feel. Give them away to friends or charities.
- Start with your kitchen or closet and do one room at a time, so that you don't feel overwhelmed. The idea is to release the old in order to make room to receive the new and welcome new energy.



Redecorate

You don't have to change many things but a small change here or there can bring a breath of fresh air to your surroundings. Fresh flowers, moving furniture around, art on the wall, or changing the color of your cushions can support that sense of renewal.

Outdoor exercise

Walks in nature, yoga, tai chi, or running outdoors is a great way to breathe fresh air, be in touch with the burgeoning nature, clearing your head and airing your lungs. A sort of inner spring cleaning for the mind and body. Even if you are simply reading a book in a park or walking on a beach, the fresh air will do wonders.



I have the best friends ever !!!
Sometimes i wish they
were more normal...
but, Still wouldn't
change any of them.



Slapix.com

Gather your friends

Have a nice catch up with lovely and supportive friends, sharing your plans and projects and getting the loving support you need will definitely help you blossom into the new season.

Tend to your needs

What have you been longing to do all winter? A float, a massage, gardening,

weekend away? Close your eyes, take a few breaths and ask yourself: 'What am I feeling?' and 'What do I need?' Allow for your inner wisdom and body to communicate with you. Follow your gut feeling or first impression and do what it tells you.

Close your eyes and take a deep breath, then just let it go.

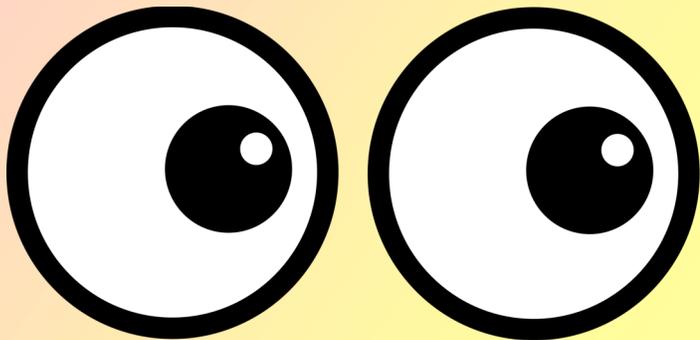
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Spring is Finally Here!!

Get plenty of sleep

- Go to bed a tad earlier and allow for a good 8-hour night sleep, depending on your physiology. A restorative night sleep will recharge your body, rest your brain, and you will wake up feeling energized and motivated.



Look for new opportunities

Set your intention for the new season and keep an open mind as to how it could manifest in your life. Start volunteering, or say out loud what you truly want, and take action towards your goal! Change your perspective and allow for new opportunities and encounters to come into your life.

Plan a vacation,

- A weekend getaway or a course you want to do. Planning something in advance gives you something to look forward to and activates the fun vibration, thus raising your overall vibration. Is there a craft or a language you want to learn? Is there a country or a city you really want to visit but you keep postponing? Plan that trip now!

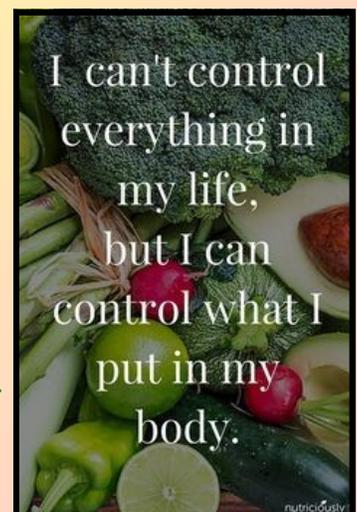


Get offline

Leave your phone aside for an afternoon, a day or a weekend. Ditch the technology for a moment and take that time to connect with yourself and your loved ones instead. A short meditation, a treat, reading a good book, time spent with friends or family will nourish your soul and support your energy levels.

Eat healthy

- Spring is great for fresh fruits like citrus, mandarins, berries, and vegetables like asparagus and spinach. Put some colors in your plate and eat local. Juicing will help you get your daily dose of fruits and veggies. Eat nutritious food to nourish your body, brain and bump up your energy levels.



Hats Off to Dr. Seuss's Birthday!



DR. SEUSS WORD SEARCH

JINXYKIDS.COM

March 2nd is Dr. Seuss's birthday—what better way to celebrate than to read? Did you know Dr. Seuss would be 113 this year? While he is no longer with us, his legacy lives on in the pages of his books. He forever changed the way children's books were written and continues to inspire generations. So this month, why not host a fun, whimsical party? Read Dr. Seuss books, use your imagination, and be silly!

In Katroo, every year, on
the day you were born
They start the day right
in the bright early morn
When the Birthday Honk-
Honker hikes high up Mt.

Zorn

and lets loose a big blast
on the big Birthday Horn.

And the voice of the
horn calls out loud as it
plays:

"Wake up! For today is
your Day of all Days!"

— Happy Birthday to You!

R H Y M E S A B L U W M L M S
T S N E E T C H E S E U C A S
F A E L L I V O H W M L F Y S
T P H T G Y I U M S O B X Z U
Z H S E E R G E G Q L E N I E
X R I R H T I G S H O R O E S
B A T D M T E N O I H R T A D
S L R L W N N P C L T Y R Z U
E K E O E I O I E H R X O M C
B A O E L N C S T A A Z H C Z
Y A R O P E E K W A B G S I H
C G F O B I H V Z O C H P D J
M N P C G J A T D L A R E G M
S C D J S P N N E M G P R G N
I E X D V Q U A C N O V O R R

BARTHOLOMEW

BOOKS

CAT IN THE HAT

GERALD

GIESEL

GREEN EGGS

GRINCH

HOP ON POP

YERTLE

YERTLE

HORTON

MULBERRY

RHYMES

SEUSS

SNEETCHES

THE LORAX

THIDWICK

WHOVILLE



Surviving or Thriving: Which Are You After?

By Jonathan Ross, Health and Fitness Expert, Ace Fitness

“Flex! Flex! Flex!” the kids called out over and over. They got off the bus all excited because Rosanna was there to pick up her grandchild from the bus stop. All the kids wanted to see was Rosanna flex her arm muscles. Rosanna is a 67-year-old dynamo. Clearly, she’s been a topic of conversation among the kids.



A little less than a decade ago, Rosanna began actively pursuing health and wellness. She had no lifetime habit or pattern of fitness already established, so she’s not some outlier who has had fitness as a top priority for her entire life. She’s thrilled about how her tennis and exercise efforts make her feel and the gratifying experience of seeing herself improve day-by-day, week-by-week.

And this is what life comes down to: A series of small opportunities to make a choice each day that either moves you closer to health or further from it.

You can thrive or you can simply survive. Are you just getting by or getting better? I hope you will make the most of your days rather than just get through them.

These small, daily choices will affect you at all ages and stages of life, but the older you get, the consequence of the choices you have made are magnified.

Not as Big as it Looks



Fitness can look long, complicated, tedious and, for some, seemingly impossible to achieve. Fitness—and the lack of it—is the result of multiple small daily choices made over time. Every choice is a chance to move one step closer to thriving. Fitness is the ideal, so many people put a focus on health, which is more of a form of general wellness and may seem easier to achieve. But health is a funny thing—when we are young and healthy, we neither notice it nor think much about it.

However, health brings a freedom that few people realize until they no longer have it. I read a quote somewhere that goes something like this: “A healthy person has 1,000 dreams. The unhealthy person has one.” There is much wisdom in this. If you are healthy, you have a myriad of things you are doing and planning to do. When you talk to an unhealthy person, you most often hear only about what’s wrong with their health.

A lack of vitality has a narrowing effect on your perspective. It makes life seem less hopeful and less full of opportunity to experience the things we value.

Slowing Down the Aging Clock



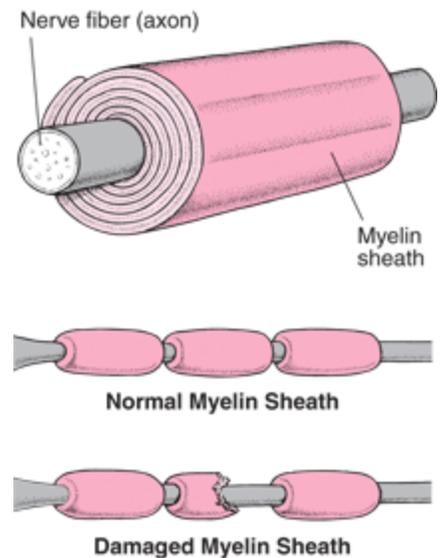
Imagine you are a caveman or cavewoman in a tribe of 20 people. Resources are scarce at times and survival is the highest priority. As such, it is important that more resources go to children and adults of reproductive age. Over time, this scenario has been built into our DNA on a deep level. There are triggers in our bodies that start the process of winding down toward the end of life. You can, however, fool that system a little bit.

If you remain physically active, you are still contributing to the resources of the tribe (through building shelter, hunting, gathering, etc.) Your body doesn't know you live in modern times. If you're moving a lot and in challenging enough ways, you're still doing your part to contribute, so your body maintains itself more effectively and for longer.

How We Weaken With Age

Weakness with aging comes from deterioration of myelin around muscle and a lower number of motor nerves, but vigorous exercise counteracts this process. The myelin is like insulation around electrical wires, and your motor nerves are those electrical wires. The signals sent on those wires are how your brain makes your muscles move and apply the right amount of force to do whatever you are asking it to.

For the brain itself, reactive, coordinated physical activity does far more to promote brain health than “traditional” exercise, which is controlled, discrete movements like pedaling on a stationary bike. All exercise enhances brain health, but the right type of exercise protects the brain from future damage and enhances its function now. Running outdoors, catching a ball, interactive, partner-based workouts, playing a sport—even at a leisurely pace—are all more reactive and unpredictable, which enhances the brain benefits of physical activity.



Eye of the Tiger...or Alley Cat

Here's the best part: You can shift to thriving rather than just surviving today—right now. Your body and brain change based on what you do, big and small, moment to moment, and that adds up to significant change over time.

Direct the “eye of the tiger” toward your health choices and you'll thrive. Use the “eye of the alley cat” and you'll just get by and survive. Keep your “eye of the tiger” alive by making small choices each day related to your nutrition and physical activity that nudge you closer to health and fitness. You just might end up with a group of school kids chanting “Flex! Flex! Flex!” to you when you're 67 years old.

Get better or just get by. Survive or thrive. The next opportunity to choose is coming soon.

Community Easter Egg Hunt

Free Event

For ages
12 and under

Free Event

Saturday

March 31st

10:00 AM

Forsyth Park



Spring Shape Up The Circuit

THE ULTIMATE OUTDOOR WORKOUT



- 10 minute warm up jog
- 25 squat jumps
- 15 push ups
- 5 minute run at fast pace
- 30 walking lunges
- 30 mountain climbers
- 30 body weight squats
- 5 minute run at fast pace
- 15 push ups
- 25 full sit ups
- 7 min cool down jog



JOIN US FOR JEROME ' S ANNUAL HEALTH FAIR!!

Saturday, March 10, 2018

Jerome Recreation District

2032 Lincoln Avenue

7 am—noon

Tests available:

- Lipid Panel*\$15
- Comprehensive Metabolic Panel*\$15
- Complete Blood Count.....\$10
- Thyroid Stimulating Hormone.....\$15
- Hemoglobin A1C.....\$10

***12-14 hours fasting is required for these tests.**

Free Fitness Classes Open to the Public

- Crossfit 7 am Spinning 8 am
- TRX Training 9 am Zumba 10 am



Free nitrate testing on private wells. Bring in 1 cup of outside faucet water in a clean jar or zip-lock bag.

Bring a friend to the gym for a free



**For information, please call
(208) 814-9637.**

JRD Neon Night 5K

Saturday March 10, 2018



Time: 7:45 pm

Cost: Individuals-
\$25.00

Family \$80.00

(Immediate family of 4)

Additional children add \$18 each

Pre-register by March 2nd. Early registration starts at 7pm.

WHAT IS A NEON NIGHT RUN? It is a fun family friendly event 5K Run or Walk an. A Neon Night Run is different because the event takes place at night and participants light up the course with t-shirts, glow bands, and after the race, participants are treated to post-race fun with food, music and a t-shirt.. The JRD staff and volunteers are excited to bring this unique and fun event to Jerome. The run starts and ends at the JRD. Sign up today to join the fun! Come join us in your best GLOW garb!!

Jerome Recreation District

2032 South Lincoln 324-3389

St. Luke's Health Fair will be held here March 10th at the JRD from 7am-12pm. All Fitness classes and day passes at the JRD will be FREE on that day. Invite all your friends and family to come out and start your new healthier year with us!

What do you receive?

Run T-shirt, glow stick accessories, snacks and a night of fun and great music!

ZOMBIE SURVIVAL CAMP

Spring Break Week (March 26th—29th 2018)

\$60 per camper

The Jerome Recreation District invites adventurous kid's ages 8-12 years to take part in a unique spring break camp experience at Becker Park and the Spears Park. Zombie Survival Camp is Monday-Thursday, March 26th—29th, 1:00pm-4:00pm. Participants will build a shelter, live off the land, find their way in the wilderness and assemble the necessary tools to survive any situation. Campers' survival skills will be tested on the last day with a tactical game of Humans vs. Zombies. The fee is \$60 and includes a T-shirt. Camp will be limited to 15 participants, so don't delay in registering.

Call 324-3389 for any questions.

Jerome Recreation District
2032 South Lincoln

(208) 324-3389



Hours: Monday thru Friday 5:00 AM to 9:00 PM Saturday 7:00 AM to 7:00 PM
Sunday 10:00 AM to 4:00 PM

Youth Spring Soccer Registration

4 Years Old through 4th Grade
(must be 4 on or before April 7, 2018)



Register February 1 - March 19

\$15.00 In District

\$25.00 Out of District

Late registration subject to availability. Waiting list will be available.

Register in person at 2032 South Lincoln, by phone at 324-3389 with a Visa or Master Card or online at www.jeromerecreationdistrict.com.

The Jerome Recreation District's Spring Soccer program is a four week season, in which teams are formed and leagues are established to provide a fun, safe, and competitive youth soccer program. The teams are formed into age groups: 4 years old and Kindergarten, 1st and 2nd grade, & 3rd and 4th grade. These leagues will provide a basis for learning the fundamentals of soccer, building on skills already acquired and teaching sportsmanship in a competitive environment.

Games will be April 7, 14, 21 and 28 at Forsyth Park, Saturday's only.

Jerome Recreation District
2032 South Lincoln

(208) 324-3389



Hours: Monday thru Friday 5:00 AM to 9:00 PM Saturday

7:00 AM to 7:00 PM Sunday 10:00 AM to 4:00 PM



Youth Volleyball Registration

Register March 1 - April 10

Details

- This clinic will help participants focus on the fundamentals of volleyball while tuning their technical skills. Participants will be given a chance each day to practice their skills in game like situations.
- College of Southern Idaho coaches and players along with Club Canyon coaches and players will be on hand.
- Clinic will be April 10 through April 26, Tuesdays and Thursdays, from 5:00 pm to 6:00 pm in Gym 2 at the Jerome Recreation District.
- Available to boys and girls 5th grade to 8th grade.
- Gym shoes, knee pads and water bottle are recommended for this clinic.
- Participants will receive a volleyball for participation in this clinic.

\$17.00 In District
\$27.00 Out of District

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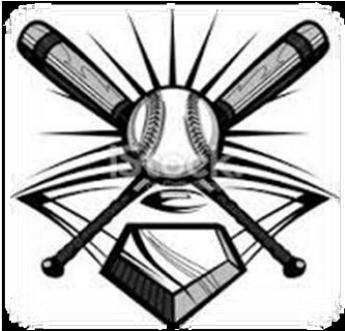
Jerome Recreation District 2032 South Lincoln

(208) 324-3389



Hours: Monday thru Friday 5:00 AM to 9:00 PM Saturday 7:00

AM to 7:00 PM Sunday 10:00 AM to 4:00 PM



Coach Pitch Registration

Register March 1 - April 16

- The Jerome Recreation District's Coach Pitch program is a six week season, in which teams are formed and leagues are established to provide a fun, safe, and competitive youth baseball program. The teams are formed into age groups: 7 and 8 years old boys and girls. This co-ed league will provide a basis for learning the fundamentals of baseball, while building on skills already acquired and teaching sportsmanship in a competitive environment. Games will be Tuesday or Wednesday evenings starting May 8 thru June 12 at Forsyth Park, East End Ball Fields.

- Teams may practice one to two times a week. Dates and times will be scheduled by the coach. Baseball fields are based on a first come first serve basis. No reservations needed. Player will need to provide their own baseball mitt. JRD provides bats, helmets, and soft toss baseballs.

- Youth sport jerseys are available to purchase for \$5. at the JRD front desk. These jerseys are used for all of JRD sports. Recycled jerseys are available for \$2.50 when in stock.

- If interested, please fill out a Coach's Application/Background Request at the time of registration. JRD requires volunteer coaches be background checked. This service is a vital part of offering safe recreational programs to the children of the community and surrounding areas.

- Players whose parents or guardians are coaching will be automatically placed on their team.

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\$27.00 Out
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Jerome Recreation District
2032 South Lincoln

(208) 324-3389



Hours: Monday thru Friday 5:00 AM to 9:00 PM Saturday 7:00

AM to 7:00 PM Sunday 10:00 AM to 4:00 PM



T-Ball Registration

Register March 1-April 16

- The Jerome Recreation District's Coach Pitch program is a six week season, in which teams are formed and leagues are established to provide a fun, safe, and competitive youth baseball program. The teams are formed into age groups: 5 and 6 years old boys and girls. This co-ed league will provide a basis for learning the fundamentals of baseball, while building on skills already acquired and teaching sportsmanship in a competitive environment. Games will be Monday or Tuesday evenings starting May 7 thru June 18 at Forsyth Park, East End Ball Fields.
- Teams may practice one to two times a week. Dates and times will be scheduled by the coach. Baseball fields are based on a first come first serve basis. No reservations needed. Player will need to provide their own baseball mitt. JRD provides bats, helmets, and soft toss baseballs.
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The *Other* Potato



Would you be surprised if I told you that all those times you *thought* you were eating yams, you were likely eating a sweet potato, and that you probably haven't ever actually had a true yam? And yet yam and sweet potato do mean different things in grocery stores. Here's the scoop on these tubers, with tips for getting the one you want at the grocery store.

While much of the confusion stems from these names being used interchangeably in U.S. markets and in recipes, sweet potatoes and yams are actually two very different vegetables.

A Yam Is Probably Not a Yam

Let's clear up one very important point: Sweet potatoes are not a type of yam, and yams are not a type of sweet potato. They are both tuberous root vegetables that come from a flowering plant, but they are not related and actually don't even have a lot in common.



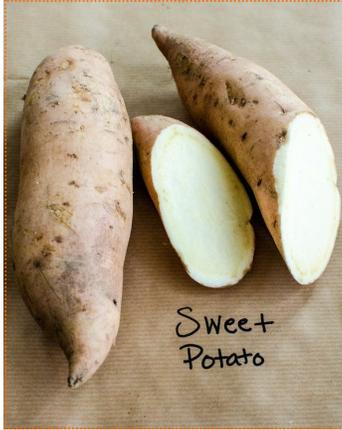
Actual Yam

What's a (Real) Yam?

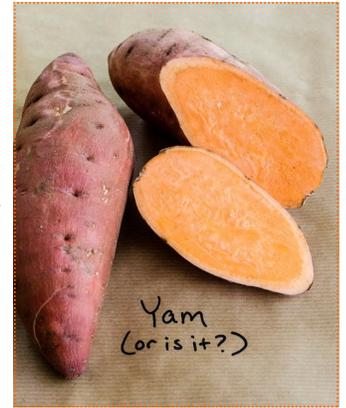
Yams are native to Africa and Asia, with the majority of the crop coming from Africa. They are related to lilies, and can be as small as a regular potato or jumbo in size (some grow five feet long!). Yams have a cylindrical shape with blackish or brown, bark-like skin and white, purple, or reddish flesh.

Compared to sweet potatoes, yams are starchier and drier. They're carried in more grocery stores these days, but your best chance of finding them is to look in international and specialty markets.

What's a Sweet Potato?



There are many varieties of sweet potatoes, which come from the morning glory family. Skin color can be white, yellow, red, purple, or brown, while the flesh can be white, yellow, orange, or even orange-red. These vegetables have an elongated shape with tapered ends.



Among the numerous varieties of sweet potatoes grown in the U.S., there are two major types.

1. **Firm sweet potatoes**, which have golden skin and paler flesh.
2. **Soft sweet potatoes**, which have copper skin and orange flesh.

The two types of sweet potatoes cook differently. Firm sweet potatoes still remain firm and a little waxy after cooking, while the soft variety becomes creamy and fluffy.

What Is the Grocery Store Calling a Yam?

So, if true yams aren't very common in the United States, here's the big question: **What is the grocery store calling a yam?** And is there any real difference between what a grocery store calls a yam and a sweet potato?

Even though these "yams" aren't true yams, there is a difference between the two, and you can actually shop smarter by knowing the difference in these labels.

Here's an interesting little history lesson to explain why there's so much confusion. As we mentioned above, there are two types of sweet potatoes: "firm" and "soft." The firm variety was the first to be produced in the U.S., so when "soft" sweet potatoes began to be produced commercially, there was a need to differentiate it from its firm counterpart.

Since the "soft" sweet potatoes slightly resembled true yams, they picked up the name and became what you see labeled as "yams" in most U.S. grocery stores.

Common U.S. Grocery Store Labeling

- **Yam** — Soft sweet potato with a copper skin and deep orange flesh.
- **Sweet potato** — Firm sweet potato with golden skin and lighter flesh.

Sweet Potato Granola



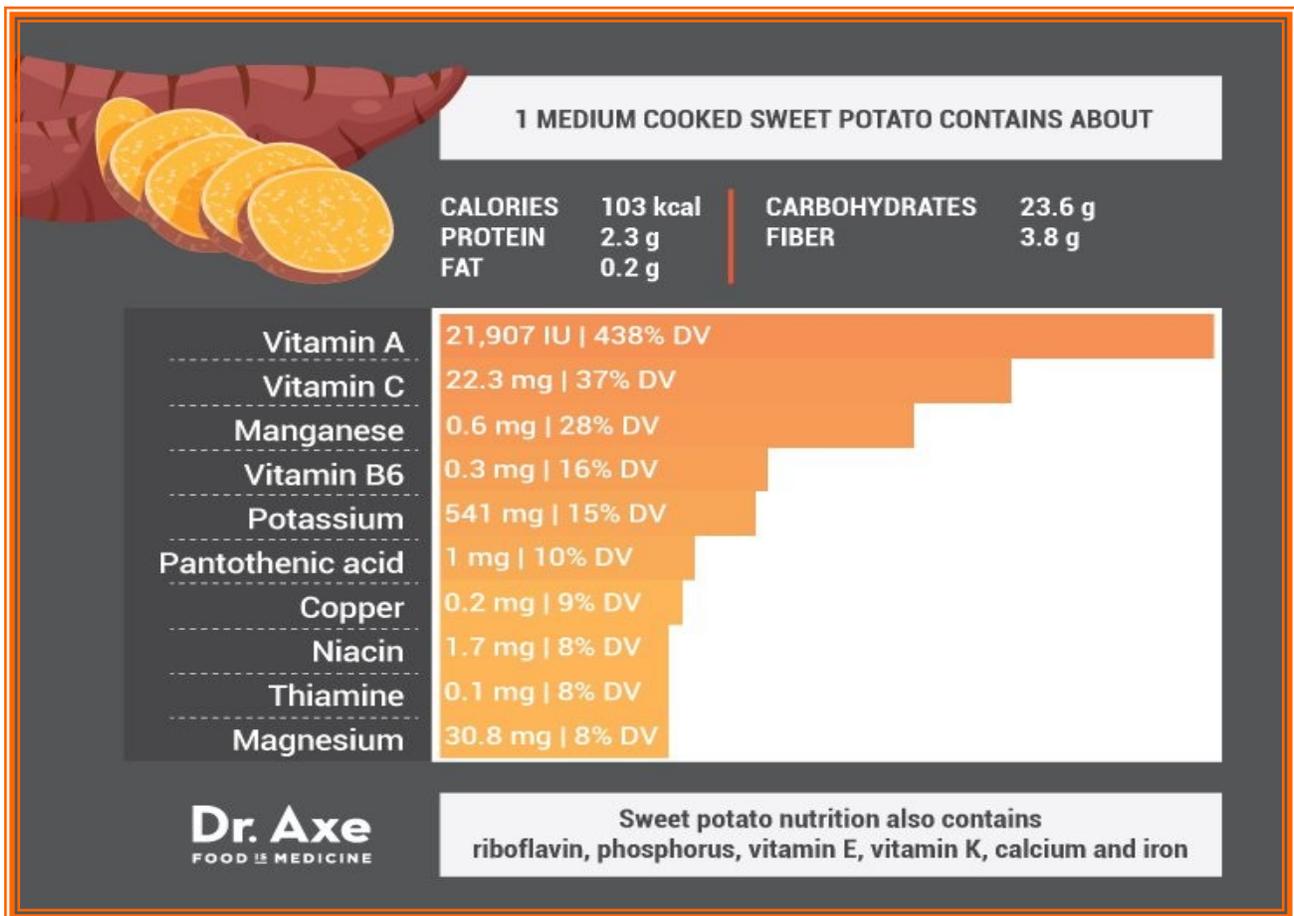
- 3 cups rolled oats
- 1 1/2 cups raw nuts of choice (such as almonds or pecans)*
- 1/4 tsp of sea salt
- 1/2 Tbsp. ground cinnamon
- 1/4 cup coconut oil, melted
- 1/3 cup honey (sub maple syrup or agave for vegan)
- 1/2 cup sweet potato puree
- 1/4 cup dried cranberries (or other dried fruit)

1. Preheat oven to 340 degrees.. 2. Mix the oats, nuts, cinnamon, sugar,, and salt together in a large bowl. 3. In a small saucepan over medium-low heat, warm the coconut oil, honey (or maple syrup) and sweet potato puree and whisk. Pour over the dry ingredients and mix well with a large wooden spoon. 4. Spread the mixture evenly onto two baking sheets (or bake in two batches) and bake for 20-25 minutes, stirring a bit near the halfway point. If you like a chunkier granola, don't stir as it breaks up the clusters. Instead, just rotate the pans at the halfway point to ensure even cooking. 5. Add the craisins or other dried fruits, and any toasted nuts to the baking sheet in the last 5-10 minutes of cooking so they don't get too toasty. 6. Once the granola is visibly beginning to brown (usually 20 minutes), remove from the oven, and let cool completely. Transfer to an airtight container. Should keep for a couple weeks.

*Or try.....

pistachio + apricot + pumpkin seeds + cardamom
walnut + apple + sunflower seeds + cinnamon

pecan + cherry + flax + nutmeg
almond + mango + sesame + ginger



Healthy Chipotle Chicken Sweet Potato Skins

3 medium sweet potatoes
3/4 pound boneless skinless chicken breast
1/4 cups olive oil
2 tablespoon fresh lime juice
2 cloves garlic
3 whole chipotle pepper (or I used 3 T chipotle salsa)
1 teaspoon dried oregano
1 teaspoon cumin
2 teaspoons chili powder
salt and pepper
2 cups spinach
5 ounces sharp white cheddar cheese
chopped cilantro
greek yogurt



Preheat your oven to 350 degrees. Wash your sweet potatoes and prick all over with a fork. Place in the oven and bake for 50-60 minutes or until fork tender. Place your chicken in a baking dish and rub with a tablespoon of olive oil, salt and pepper. Place in the oven with the potatoes and bake for 25 minutes. Allow to cool and shred the chicken with a fork or your hands. When the sweet potatoes are done cut in half and allow to cool for 5-10 minutes. . In a medium size bowl combine the olive oil, lime juice, garlic, chipotle peppers, oregano, cumin, chili powder, salt and pepper. Set aside. . Heat a small skillet over medium heat and wilt the spinach (this can also be done in the microwave). Toss the spinach and shredded chicken together, set aside and keep warm. . Turn the oven up to 400 degrees. Scrape the sweet potato out of the peel, leaving a medium size layer of flesh inside with the peel so that it can stand up on its own (I reserved the remaining flesh, for another use) and place in a baking dish. Brush the skins with with a little of the chipotle sauce and bake for 5-10 minutes until nice and crisp. While the skins bake mix the spinach, chicken and chipotle sauce together. Remove skins from the oven and stuff with the chicken mixture, top with shredded cheese and bake for 10 minutes or until the cheese has melted and the skins are hot and crisp. Serve with fresh chopped cilantro and greek yogurt if desired.

Sweet vs. White

The same amount of sweet potatoes and white potatoes contain the same amount of carbs.

1/2 c. =15 grams carbs

Sweet potatoes have more fiber and are slightly lower on the glycemic index than **white** potatoes.

For this reason, blood glucose will rise a little more gradually with sweet potatoes than with **white** potatoes.

1 cup of

White potato = 1.8 grams fiber Sweet potato = 4 grams fiber

Advice from a LILAC™



Think spring 🍀 Enjoy the sunshine
Add color to your life 🍀 Delight in simple pleasures
Make new buds 🍀 Take time to smell the flowers
Be scent-sational!