



JRD Newsletter 2018

"Listen! The wind is rising, and the air is wild with leaves, we have had our summer evenings, now for October eves."

--Humbert Wolfe

*October is such a fun, exciting month!
Pumpkins and apple cider, football and falling leaves,
bonfires and roasting marshmallows, soft, snuggly
blankets and cozy, warm socks, the smell of cinnamon
and big bowls of thick, fragrant soup.....*

October is exciting at the JRD with new classes and the renewal of fall fitness fun. Come check out what's happening!!

NEW *Tumbling*

Kids Fitness

Adult Volleyball

Over 60 and Getting Fit

Individual Weight Loss Challenge

NEW **Wednesday Morning Yoga**

3-Month Membership Special

Kids Night Out Harvest Party

Youth Fall Sports

5th & 6th Grade Basketball

Pee Wee Sports

NEW **Father and Son Night Out**

Special Saturday Morning Classes

Don't Fall Out of Fitness: 10 of the Worst Autumn Health Habits

1. Overeating

Because obesity puts you at prime risk for heart disease, eating bear-sized portions when the air starts to chill and the leaves start to change color is not a wise move for your waistline or your heart. In fact, oversize portions of the high-calorie carbohydrates we crave come fall—think white bread, refined pastas, and sugary drinks—will only make you put on weight.



2. Becoming a Couch Potato

If you sit for at least 8 hours a day at work then make it a habit to come home and sit for another 6 or more hours until you go to bed, you're not getting much activity in your life. In fact, all of the sitting actually increases your risk of weight gain, heart attack, and stroke. So get out and get those muscles and that blood pumping for at least 30-minutes each day.

3. Avoiding Fruits and Vegetables

I know that once the ground frosts over it's difficult to stick to that fresh plant-based meal you consumed in summer. However, loading up on fruits and vegetables vs. refined sugar is quite easy in the colder months to if you're willing to buy local and buy frozen fruits and vegetables with no added sugar when you can't get fresh

4. Hibernating Inside

If you veto going outside come fall, you'll be in sorry shape come winter. Why? We all need sunshine (or rather vitamin D) to help balance mood and combat depression. Plus, getting outside for some fresh air helps reduce stress, fall allergies, and even lowers blood pressure. So if you don't like to be outside after dark, take a stroll on your lunch hour or go for a run before work.



5. Drinking Excessively

When the weather gets chilly we tend to look for more reasons to celebrate indoors. And with Halloween parties, Thanksgiving dinners, and more on the go, alcohol tends to play a big role in social events. But remember, keeping your drinking to a minimum will keep your weight, blood pressure, and heart rate balanced, so don't overdo it!

6. Withdrawing from Social Activities

Sure, some days we just want to go home from work and bury our heads. However, the best way to ward off the fall blahs is by getting out with friends or family a few nights a week. This way you'll boost your mood, social connections, and health at the same time.

7. Too Much Comfort Food

In fall it's easy to stay about as stuffed as a Thanksgiving turkey. We naturally put on a few pounds to prepare for winter, but that's no excuse to stuff yourself with fatty, surgery comfort food and gain a bunch of "winter" weight. Break the empty carbohydrate cravings by sticking to complex carbs—like brown rice, whole grain breads and cereals, and whole wheat pastas come fall.



8. Not Exercising

While the thought of getting up early to job in the chilly morning air might make you apt to crawl back into your warm bed, a fall exercise routine will keep you motivated, energized and trim during the colder months. Try a fun activity, like yoga or a Zumba class to warm you up.

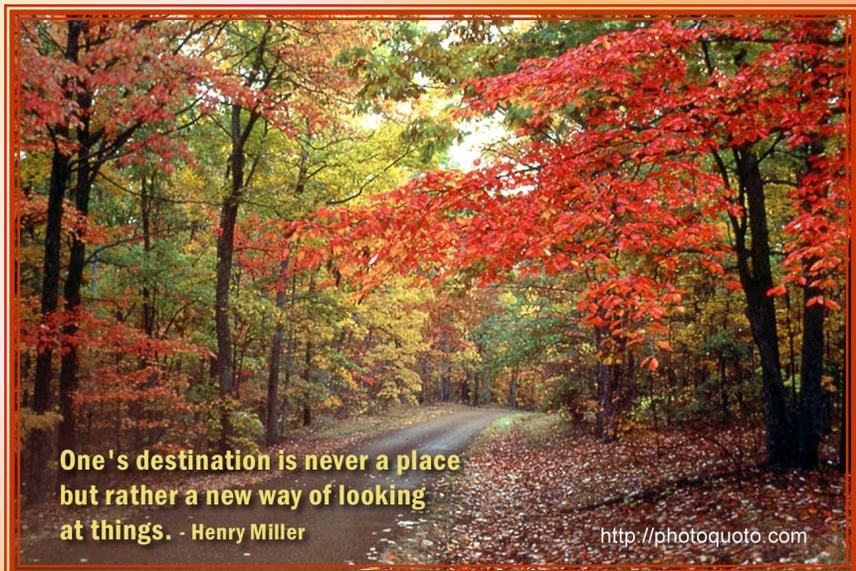
9. Not Taking Advantage of a Flu Shot

Many of us are lucky enough to get a free annual flu shot as part of our health plan. Many workplaces offer free flu shots to protect their staff from falling ill due to a chronic virus during months when immunities tend to plummet. Protect yourself and your loved ones from falling ill.



10. Becoming SAD

If you tend to get a bit blue during fall and winter, you might suffer from Seasonal Affective Disorder (or SAD), a depression disorder that stems from a lack of sunlight (or vitamin D). Be proactive against the blues by getting outside in natural daylight as much as possible, or purchase a light box, a tool that mimics natural daylight indoors and expose yourself a few times daily.



**One's destination is never a place
but rather a new way of looking
at things. - Henry Miller**

<http://photoquoto.com>

JRD Father & Son Night



October 25, 2018

Thursday 6pm-8pm

Jerome Recreation District

Gym 1 and Gym 2

\$10.00 a team

*\$3.00 for each additional son



Basketball Shoot
Dinner-BBQ Style
Golf practice
Woodworking projects
Board Games
Nerf Challenges
Football Throw
Obstacle Course
Pickleball
Fishing pole casting



Event for ages 5 years and up

Our Father Son Night Out is not only for biological father son relationships but can also include any important person in that child's life – father, stepfather, grandfather, uncle, family friend - even "big brother" if they are male. Any questions call 324-3389.

Jerome Recreation District

2023 South Lincoln Jerome, Idaho 83338



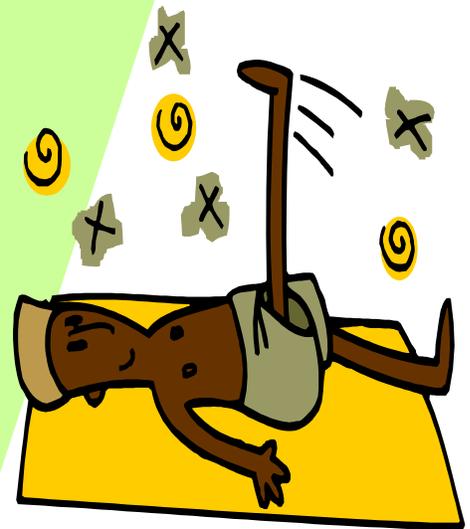
JRD Saturday Special Event Classes

Oct. 6th- Boot Camp
with Amy

Only \$3
a class!
8:00AM

Oct. 13th- Pound Fitness
with Trudy

Oct. 20th- TRX
with Clover



Oct. 27th- Spinning
with Paula



NEW CLASS COMING IN OCTOBER!

Wednesday Morning Yoga with Sandra
@Jerome Recreation District

10:00am-11:15am

Wednesdays starting October 3, 2018!



It's a new
season.
A perfect
opportunity
to do something
NEW
something **BOLD**
something
beautiful!

\$3.00 a class
Or \$8.00 month

2018 JRD Individual Weight Loss Challenge

Welcome to the new You ! This is a 12 week challenge. Besides the overall winner of % of total weight lost, there will be additional prizes for most inches lost for a male and female. In this year's challenge, each participant will receive 2 **FREE** fitness classes a week during the challenge .There will be an optional fitness test to see pre and post improvements. During this challenge the JRD will be hosting a Turkey Trot that we would love to have you join us for .It is Thanksgiving Day and it will be a 5K run or walk.

Overall Winner

\$250.00 cash, 1 Year Silver Individual Plus JRD membership, Fit Bit Fitness Tracker and a 1 night stay at Sawtooth Best Western in Jerome

October 1, 2018 – December 21st, 2018

1st meeting and weigh in will be Monday October 1st at 7pm in the JRD conference room. You do not have to be at the meeting but will need to set up a time to get weighed in.

Gym membership to the JRD is not included in the contest fee. We are offering the 3 month gym special to make it affordable for everyone.

Contest runs October 1st to December 21, 2018. Friday December 21st at 5pm, will be the night to announce the winning individuals. **All members must be weighed in by 4pm on December 21st to be eligible to win.**

We will have additional prizes for the male and female that loses the most inches and have the biggest decrease in body fat.

In this 3 month challenge you will have 2 FREE fitness classes per week .Class space is still on a first come basis so there may not be space. Come early to classes and sign in. You will need to remember to sign in, on the class roster to verify class attendance for the 2nd place prizes.

Weigh-ins - Mondays (6:15am-8:45am) and Tuesdays (6:15am-1:00pm). You do not have to weigh-in weekly. You can weigh-in at the beginning and the end of the contest. It is just motivating and convicting to weigh in weekly and see how you are doing.

Jerome Recreation District will use our Facebook page to post results, recipes, workouts and health tips. Our monthly newsletter has recipes and workout tips as well. Drop your email address in the box at the front desk to receive the monthly newsletter. We are also on Pinterest. Follow us to get lots of exercise and nutrition help.

Best websites for menu plans

-eatingwell.com

-sparkpeople.com

Best apps for nutrition and tracking calories

-myfitnesspal

Best apps for fitness tips and workouts

-nike training

-gain fitness

-nike running (track miles and times)



*Accept chal-
so that you*

*lenges,
may feel the ex-*

hilaration of victory.

-George Patton

Fall 3-Month Special!



Available for purchase Sept 18, 2018 – Oct 16, 2018

Silver Membership

Does not include fitness Classes

Valid October 1 - December 31, 2018

	In district	out of district
<u>Adult</u>	<u>\$53.00</u>	<u>\$63.00</u>
<u>Couple</u>	<u>\$81.00</u>	<u>\$91.00</u>
<u>Youth (age 13-17)</u>	<u>\$31.80</u>	<u>\$41.80</u>
<u>Senior Citizen (age 55+)</u>	<u>\$31.80</u>	<u>\$41.80</u>
<u>Family</u>	<u>\$106.00</u>	<u>\$116.00</u>

(Dad, mom, and children who live at home and are under the age of 19)

Register in person at 2032 South Lincoln or
by phone at 324-3389 or
online at www.jeromerecreationdistrict.com



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

TUMBLING

\$20 in district

or

\$30 out of district

Tumble Academy I: (Ages 4 through Kindergarten)

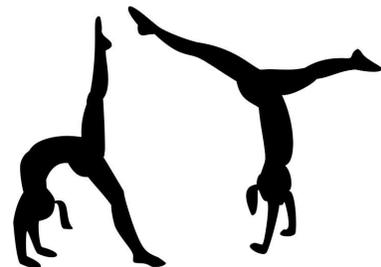
Wednesday 5:15pm-6:00pm

Students are introduced to basic dance movements and positions and basic tumbling movements and positions on the floor, various mats, mini trampoline, and low balance beam. Beginning skills include forward rolls, brush leaps, mini cartwheel, mini handstand, splits, tuck jumps, and lots of balance and coordination work. Tumblers will learn how important conditioning is to their training and work on their ability to wait patiently for their turn. Students should be barefoot and wear comfortable but not baggy clothing.

Tumble Academy II: (Grades 1-4)

Wednesday 6:00pm-6:45pm

Students will add on to their basic dance and tumbling skills, including straddle jump, bridge, bridge kickover, backward rolls, advancing mini cartwheel, advancing mini handstand, and more balance and coordination work. Conditioning will increase in amount and intensity. Students should already know how to wait their turn and be excellent listeners. Students should be barefoot and wear comfortable but not baggy clothing.



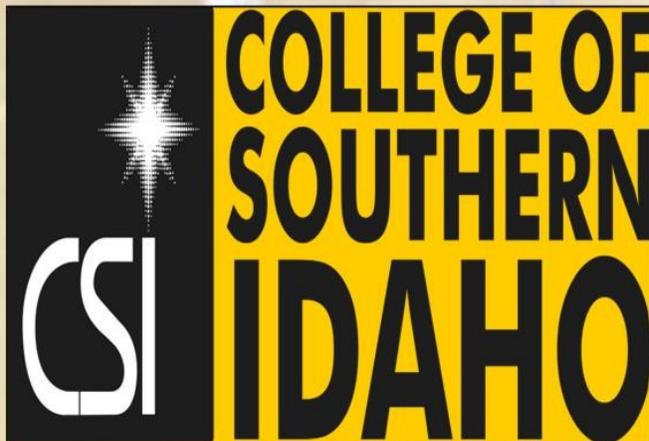
Over 60 and Getting Fit

The College of Southern Idaho's Over 60 and Getting Fit Program, provides aerobic, strengthening and flexibility components specially designed for older adults. The class is FREE to students over the age of 60.

Interested students can register when they attend their first class.



*Jerome classes are held
9 to 9:50 a.m.
Monday, Wednesday, and Friday
at the
Jerome Recreation Center ☺*



The Over 60 and Getting Fit Program and Active Aging programs are made possible by the College of Southern Idaho. For more information call CSI at 732-6483.

Kids Night Out Harvest Party!

October 18th 6-8p.m.



Cost: Only \$3 per kid!

Free to all JRD members with the JRD membership upgrade.

Must pre-register by Oct. 16th !!!



Pee Wee Sports

For ages 3 - 5 years old

(Must be 3 on or before October 27, 2018)

Saturdays 9:00 - 9:45 am

October 27, November 3, 10, 17

\$15 in district/\$25 out of district

Register September 1 - October 27

Intro to sports is designed to introduce your preschooler to the sports world. Each week will be a new sport. The 4 week program will focus on skill work in each sport, team building in a noncompetitive environment and will teach the characteristics of quality sportsmanship. All classes will be held at the JRD. You can register at the JRD office 2032 South Lincoln, by phone at 324-3389 or online at jeromerecreationdistrict.com.



21-DAY ARM-SCULPTING CHALLENGE

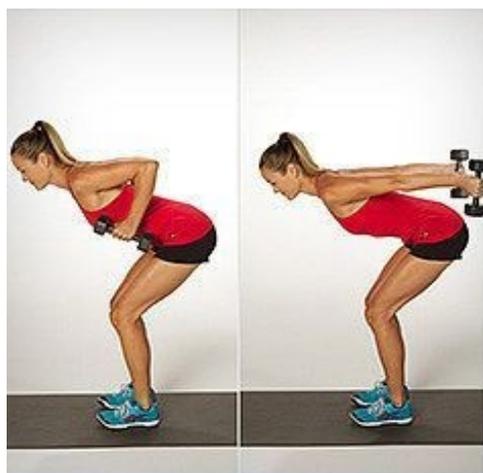
BICEP CURL



UPRIGHT ROW



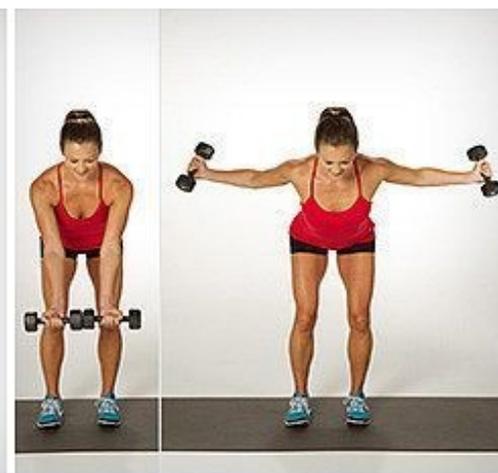
TRICEPS KICKBACK



OVERHEAD SHOULDER PRESS



BENT-OVER REVERSE FLY



THE PLAN:

DAY 1: 8 REPS OF EACH (3X)	DAY 2: REST	DAY 3: 8 REPS OF EACH (3X)	DAY 4: REST	DAY 5: 10 REPS OF EACH (3X)	DAY 6: REST	DAY 7: 10 REPS OF EACH (3X)
DAY 8: REST	DAY 9: 12 REPS OF EACH (3X)	DAY 10: REST	DAY 11: 12 REPS OF EACH (3X)	DAY 12: REST	DAY 13: 14 REPS OF EACH (3X)	DAY 14: REST
DAY 15: 14 REPS OF EACH (3X)	DAY 16: REST	DAY 17: 15 REPS OF EACH (3X)	DAY 18: REST	DAY 19: 15 REPS OF EACH (3X)	DAY 20: REST	DAY 21: 15 REPS OF EACH (3X)



Kids Fitness Class Starting October 2nd



5:30 pm-6:10 pm
Tuesdays and Thursdays
Ages 5 and up

\$12.00 per child in district \$22.00 out of district
\$30 per family in district \$40.00 out of district
Or \$3.00 per Class



Just for Kids

No Carve Pumpkin Decorating

Twine Pumpkin:

Using twine, string, or yarn wrap pumpkin any way you like. Glue spiders to the "web".



Mummy Pumpkin:

Using white tape or gauze wrap mummy. Glue googly eyes on.

Enjoy!



Crayon Melt Pumpkin:

Take all paper off crayons. Break crayon in half. Glue crayon halves around stem (broken end against the stem and the point pointed out like a spoke). Using a blow dryer melt crayons. It takes about 1 minute per crayon to melt. Good outdoor craft!

Candy Corn Pumpkin
Very carefully, use a glue gun to attach candy corn in desired design to pumpkin.



Paleo Pumpkin Pancakes

Ingredients:

1/2 ripe banana
2 T. pumpkin puree
2 Dashes Cinnamon
Dash Nutmeg
2 eggs

Instructions:

1. Mash the banana and then mix in the pumpkin. Add the spices, mix until uniform. 2. Add the eggs and beat well with fork or whisk. 3. Heat pan on medium heat add a little butter or vegetable spread to the pan before adding some of the batter. This recipe makes two large pancakes.



Spaghetti Squash with Pumpkin and Parmesan



Ingredients:

Spaghetti squash - cut in half/ seeds removed
3 tbsp extra virgin olive oil
1 tbsp light butter
1/4 cup pumpkin puree
1/4 cup light coconut milk or regular milk
1/4 teaspoon ground nutmeg
1/2 tbsp fresh sage - chopped- more if you like
1/2 cup grated parmesan cheese
salt and pepper

Instructions:

1. Preheat your oven to 375 degrees. Drizzle the inside of the squash with 2 tbsp of the olive oil and season with some salt and pepper. Place the squash on a baking sheet faced down and roast for about 45 minutes until fork tender. 2. When the squash is done, let it cool for a few minutes and then using a fork scrape and pull the squash away from the skin and you will create noodles. Make sure to press with a paper towels to remove excess moisture from the squash noodles. 3. In a large sauté pan add the 1 tbsp of olive oil and the 1 tbsp of the butter and the sage. Cook about 2 minutes. Next, add in the pumpkin puree, milk, nutmeg and some salt and black pepper. Cook for about 5 minutes. Add in the spaghetti squash and toss to coat. Cook this another 5- 8 minutes until everything is warmed through and then add in the parmesan cheese.

What Makes a Good Cooking and Baking Pumpkin?

While baking with pumpkin can be as easy as going to the grocery store and buying a can of pumpkin purée, what if you were feeling ambitious and wanted to do the whole process yourself, starting with a whole pumpkin? Not all pumpkins are created equal and work well in cooking and baking, so here is a guide to help you pick and purchase the right ones.



Those big pumpkins you see at the pumpkin patch for carving into jack-o'-lanterns look appealing, but they're the worst for cooking and baking. While yes, they are edible and you can cook with them, they're very stringy, bland, and watery.

The best pumpkins for baking and cooking with are sweet, flavorful, and have smooth-textured flesh. In fact, pumpkin purée manufacturer Libby's breeds their own Select Dickinson pumpkins for their extremely smooth texture.



Which pumpkins do I choose?

When shopping for pumpkins, look for the ones usually generically labeled "sugar pumpkins" or "pie pumpkins." Some specific names are Baby Pam, Autumn Gold, Ghost Rider, New England Pie Pumpkin, Lumina (which are white), Cinderella, and Fairy Tale. Cinderella and Fairy Tale pumpkins have hard, thick skins but still have delicious flesh inside.

Choose pumpkins between four to eight pounds, and don't worry if the outside looks a little dull — as long as you don't see any big bruises or soft spots, it's fine. Pumpkins have a long shelf life and can keep for months at cool room temperature.

And if only the big carving pumpkins are available, choose a winter squash like butternut squash instead for the best results.

Preparing Whole Pumpkins

Once you have the right kind of pumpkin, you can treat it like any other hard winter squash: Roast it whole, steam it, or cut it into smaller pieces before cooking into soups and curries. For baking, make your own pumpkin purée by baking or roasting it before using in recipes, and don't forget to save and roast those tasty seeds.

Pumpkin purée freezes very well, so make a big batch to save for another baking project!

The Best Squash For Pumpkin Pie Is... (Hint: It's Not Pumpkin)

Go figure. Pumpkin pie is best when it's, well, not made with pumpkin, according to Melissa Clark. She tested a bunch of pumpkin and squash varieties to determine which one would provide the freshest, sweetest flavor. And the winner is...



Butternut squash!

Melissa said that butternut squash 'pumpkin' pie was "deep and richly flavored, sweet, with relatively smooth flesh that is easy to purée." Additionally, it was "so very easy to work with" because the skin easily slips off with a peeler. The runner-up was acorn squash, which created a "honeyed, moist, not too fibrous, very nice" pie. But butternut was still the winner!





**October's poplars are flaming torches
lighting the way to winter.**

—Nova S. Blair



Bring it on.