

Happy
Valentines
Day



JRD Newsletter February 2019

The Power of Touch

By Diana Spechler
Novelist and Free Lance Writer

Recently, on a crowded bus, I found myself pressed up so close to a stranger, our knees brushed. With little effort, we could have kissed. The air in the bus was humid, traffic was nauseatingly stop-and-go, and a woman near me was belting out “Don’t go chasing waterfalls” at the top of her lungs. Off-key. It was a nightmare.

And yet.....

There was the feeling of the man’s legs against mine, so oddly comforting that I experienced a profound urge to rest my forehead on his chest. I wasn’t attracted to him, but after my harried day I sure needed someone to lean on. My husband runs off early in the morning to work long hours as a radio reporter, while I write from home during the day and teach adult education classes two nights a week. That kind of schedule usually left us with little time to be near each other long enough to get in more than a passing hug. And I was hardly getting much physical contact with people in other areas of my life. I might hug and kiss a friend hello, but rarely would I sit so close that our arms touched or cram into the same side of the booth at a restaurant. And I routinely used

the purse-as-a-shield trick in crowded public spaces. That’s why the encounter on the bus caught me by surprise. Things have to be pretty bad if you’re on the verge of nuzzling an unsuspecting commuter, right?

It was then that my journalistic curiosity kicked in-I wanted to find out if it was actually possible to be “touch deprived”. My research led me to psychologist Matthew Hertenstein, PHD, director of the Touch and Emotion Lab at DePauw University. According to him, touch deprivation is a *real thing*. “Most of us, whatever our relationship

status, need more human contact than we are getting,” says Hertenstein.

“Compared with other cultures, we live in a touch-phobia society that’s made affection with anyone but loved ones taboo.” Yet research shows that physical

affection has measurable health benefits. “Stimulating touch receptors under the skin can lower blood pressure and cortisol levels, effectively reducing stress,” Hertenstein says. One study from the University of North Carolina found that women who hugged their spouse or partner frequently (even for just 20 seconds) had lower blood pressure, possibly because the warm

No other form of communication is as universally understood as touch. The compassionate touch of a hand or a reassuring hug can take away our fears, soothe our anxieties, and fill the emptiness of being lonely. ~Randi G Fine~



embrace increases oxytocin levels in the brain. Over time, lower blood pressure may decrease a person's risk for heart disease.

I knew how good it felt to get a reassuring hug or squeeze, but I'd never given much thought to how my body interpreted the sensation.

"A hug, pat on the back, and even a friendly handshake are processed by the reward center in the central nervous system, which is why they can have a powerful impact on the human psyche, making us feel happiness and joy." explains neurologist Shekar Raman, MD. "And it doesn't matter if you're the toucher or touchee. The more you connect with the others-on even the smallest physical level- the happier you'll be."

With this advice in mind, I decided that for one week, I'd make it my goal to touch someone every day to see what I was missing. The most logical place to start was at home with my spouse. As Hertenstein told me, when it comes to touch, awareness is key. If I was distracted, I'd be less likely to reap the stress-reducing rewards.

So, before my husband left for an overnight trip, I concentrated on how we held each other close as we said goodbye. I tightened my grasp around his waist, closed my eyes, breathed deeply, and focused on the feel of his shirt buttons against my cheek. Those few moments made me feel closer to him all day, as if we'd filled up on a hearty embrace, rather than snacked on a light hug.

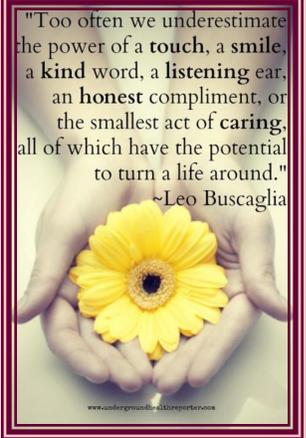
In public, however, things were trickier. While Hertenstein had assured me that opportunities present themselves frequently, I had a tough time discerning when it felt right to reach out. I got my chance on day two, when I accidentally stepped on the back of a woman's shoe in line at the grocery store and she whirled around to give me a dirty look. "I'm so sorry," I said, pausing to squeeze her wrist to drive home my sincerity. Her expression softened as she said, "No problem." It was a small gesture—and not nearly as awkward as I had imagined.

No one wants to be stepped on, of course, but a warm touch, even if the other person isn't prepared for it, can create an instant attitude makeover, says neuroscientist Michele Noonan, PHD. "Touching someone while apologizing helps build a connection," she explains. "The sensation triggers the brain region called the insula, which is involved in emotional processing, and can help ease a person's irritation in the moment."

That night, when an old friend came over for dinner, I felt dissatisfied by our perfunctory hug hello. It seemed a shame that in light of my recent experiences, I greeted her with a squeeze that felt as if we were merely fulfilling a rote social obligation.

"I need another one," I blurted out. My friend laughed nervously—she's one of the least demonstrative people I know—but she opened her arms so we could embrace a few seconds longer. When we separated, she said, "You know what? I needed that." The hug seemed to unleash her: Suddenly she was tearing up, telling me about problems at home. When she'd arrived at my apartment, her face hadn't betrayed that anything was wrong, but that extra physical connection allowed her to feel safe enough to let it all out. Such a simple action, I realized had conveyed a deep meaning.

By the end of the week, I was touching friends, strangers, and coworkers more naturally, and all the contact was making me smile. There were no grand bear hugs or extended periods of hand-holding—but every touch felt like a little gift to the other person.....and to me.

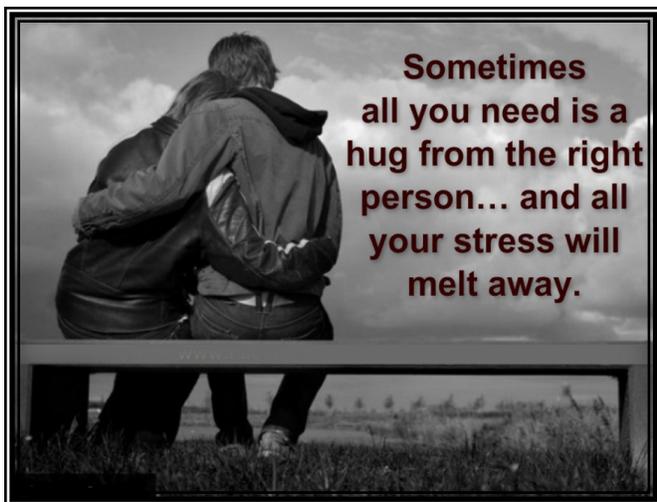




Behavioral scientists have found that about 2-4 feet is the acceptable amount of personal space most Americans need to feel comfortable; in Latin America and the Middle East the distance can shrink to less than a foot or two.

Our skin is our largest organ and would measure about two meters if it was laid flat. Given that our bodies are precious real estate, for something to take up this much room, there must be a good reason for it.

It is the pathway for touch – one of our most powerful and important functions. For long-term wellbeing, touch is as important as food and security.



A hug is known to produce Oxytocin and Serotonin, which can help healing, and can make a person feel less anxious, less alone and happier.



A study by French psychologist Nicolas Gueguen has found that when teachers pat students in a friendly way, those students are three times as likely to speak up in class. Another recent study has found that when librarians pat the hand of a student checking out a book, that student says he or she likes the library more—and is more likely to come back.

In a famed study, a researcher studied how many times friends touched each other while sitting at a cafe. He collected data around the world. In Mexico City, couples touched each other 185 times. In Paris, 115 times. In London, 0 times. In Gainesville, Fla., twice.

Massage

The Power of Touch

Massage is the manual manipulation of muscles and other soft tissue in the body. This ancient method of healing art dates back as far as 3,000 years ago to China. This natural way of laying hands on the body to soothe and comfort has become the basis for concentrating on the well-being of the "whole being". Massage serves as an adjunct, and for some, an alternative to medication. Its purpose is to naturally maintain the body's optimal level of well being and health.

What are the benefits?

An increasing number of people are finding out what research has proven, that massage has many health benefits. The benefits of massage are not only physical, but also mental and emotional. The American Massage Therapy Association has summarized some of the benefits and research results. The following are a few of the benefits.

Physical:

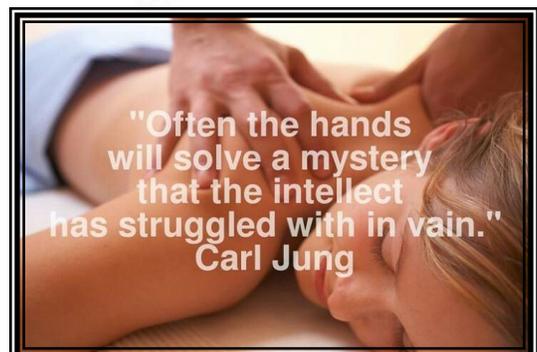
- Provide relaxation and stress reduction
- Relieve muscle tension and stiffness
- Reduce muscle spasms
- Increase joint flexibility and range of motion
- Enhance athletic performance
- Promote deeper and easier breathing
- Improve circulation of blood and lymph fluids
- Assist with removal of metabolic waste
- Reduce blood pressure
- Relieve tension related to headaches and eye strain
- Decrease recovery time from pulled muscles and sprained ligaments
- Reduce pain and swelling
- Reduce formation of excessive scar tissue
- Enhance the health and nourishment of skin
- Strengthen the immune system

Mental:

- Provide a relaxed state of alertness
- Reduce mental stress
- Improve body awareness
- Enhance capacity for thinking and creativity.

Emotional:

- Satisfy the need for safe, caring and nurturing touch
- Create a feeling of well-being
- Enhance self image
- Enhance self image
- Enable a greater ease of emotional expression
- Reduce levels of anxiety
- Increase awareness of the mind-body connection
- Provide a sense of unification and harmony



"Often the hands will solve a mystery that the intellect has struggled with in vain."
Carl Jung



SPORTSPLEX



BASKETBALL BASKETBALL



**Kindergarten BB
Clinic**

Registration

*November 1st—
February 11th*

Clinic Feb. 11, 13, 18, and 20
From 4:00 to 5:00

\$15.00 in district
\$25.00 out-of-district



BASKETBALL BASKETBALL



Youth Spring Soccer Registration

February 4th-March 11th

\$15.00 in district

\$25.00 out of district

Must be 4 on or before April 6th

**Games played April 6th, 13th, 27th, and
May 4th at Forsyth Park.**

No games April 20th



Ladies
night
out

Free!

Thursday
March 21st
5-9 PM

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
- Refreshments
- Lots of fun!

JOIN US FOR JEROME ' S

ANNUAL HEALTH FAIR!!

Saturday, March 9, 2019

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 nitrate testing
on private wells.
Bring in 1 cup of
outside faucet water*

Free Fitness Classes Open to the Public

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



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

February is Heart Month!

Every year, heart disease affects...

26.6 million Americans!

which is equal to...

11.3% of the US population!

Heart disease is the **#1** leading cause of death¹



1 in 4 deaths (23.5%) each year are from heart disease²

Heart disease deaths by race²...

Native American	18.4%
Asian	22.2%
Non-Hispanic Black	23.8%
Non-Hispanic White	23.8%

Implications on health care...



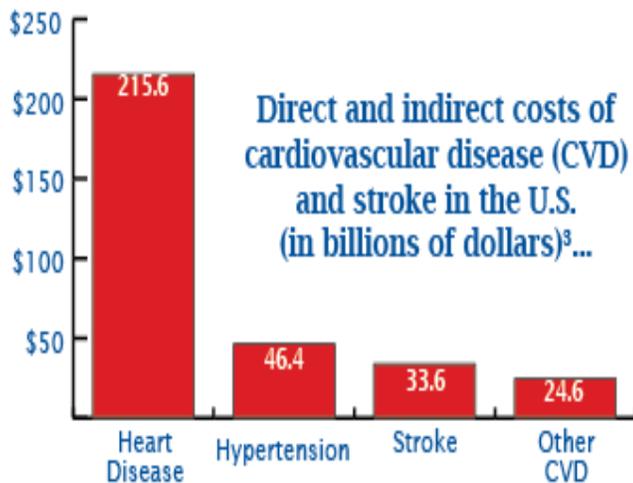
12.4 million visits to physician offices each year¹



1.9 million outpatient hospital visits each year¹



For inpatient hospital visits, the average length of stay is **4.6 days!**



AN EVERYDAY HEALTH INFOGRAM

7 STEPS TO A HEALTHIER HEART

You don't have to make big changes to reduce your heart attack and stroke risk. Here are 7 healthy habits that could save your life:



Live smoke-free. If you smoke, quit.



Monitor your blood pressure. Keep your numbers below 120/80 mm Hg.



Maintain a healthy weight. Target a body mass index (BMI) of less than 25.



Watch your cholesterol. Strive for a total cholesterol less than 200 mg/dL.



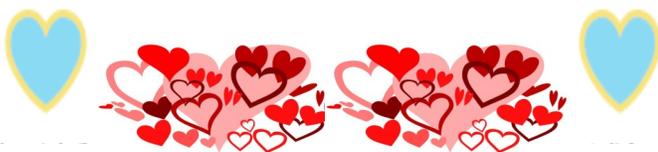
Control your blood sugar. Aim for a fasting blood glucose less than 100 mg/dL.



Get active. Log 150 minutes of moderate intensity activity - like brisk walking - per week (or 75 minutes of vigorous-intensity activity).



Eat a heart-healthy diet. Make vegetables and fruits, whole grains, and fish mealtime staples. Limit sodium, saturated fat, and added sugar.



Chocolate Beet Cupcakes

These healthier, not-too-sweet chocolate cupcakes get a soft, moist texture from their not-so-secret ingredient: beets. The beets act as a natural red food dye, plus they bump up the fiber. Use red beets to give the cream cheese frosting a vibrant pink hue.

- 2 cups diced peeled beets ($\frac{1}{2}$ -inch; about 2 medium)
- $\frac{2}{3}$ cup buttermilk
- $1\frac{1}{2}$ cups white whole-wheat flour
- $\frac{1}{2}$ cup unsweetened cocoa powder
- 1 teaspoon baking soda
- $\frac{1}{2}$ teaspoon baking powder
- $\frac{1}{4}$ teaspoon salt
- 1 large egg
- $\frac{1}{4}$ cup olive oil
- $1\frac{3}{4}$ cups packed confectioners' sugar, divided
- 2 teaspoons vanilla extract
- 5 ounces reduced-fat cream cheese, at room temperature



Preheat oven to 350°F. Line 12 muffin cups with paper liners.

Bring about 1 inch of water to a boil in a large saucepan fitted with a steamer basket. Add beets, cover and steam until tender, 10 to 12 minutes. Transfer to a blender. Add buttermilk and puree until smooth. Reserve 2 tablespoons of the beet puree. Pour the rest into a large bowl.

Whisk flour, cocoa, baking soda, baking powder and salt in a medium bowl. Whisk egg, oil, 1 cup confectioners' sugar and vanilla into the beet puree in the large bowl. Stir in the dry ingredients until just combined. Spoon the batter into the prepared muffin cups.

Bake the cupcakes until a toothpick inserted into the center comes out clean, 18 to 20 minutes. Transfer to a wire rack and let cool completely.

To prepare frosting: Combine the remaining $\frac{3}{4}$ cup confectioners' sugar and cream cheese with the reserved beet puree in a medium bowl. Beat with an electric mixer until smooth. Top each cooled cupcake with a generous 1 tablespoon frosting.

Gluten-free Variation: Swap a cup-for-cup gluten-free flour blend for the white whole-wheat flour and use gluten-free vanilla extract.

Happy
Valentines
Day

The fondest
memories
are made
gathered
around the table

Pasta with Asparagus and Shrimp

- 12 ounces fresh or frozen medium shrimp in shells
- 6 ounces dried whole wheat bow tie pasta
- 12 ounces fresh asparagus, trimmed and cut into 1-inch pieces
- 1 tablespoon olive oil
- 4 cloves garlic, minced
- 2 teaspoons snipped fresh lemon thyme or thyme, or $\frac{1}{2}$ teaspoon dried thyme, crushed
- $\frac{1}{3}$ cup fat-free half-and-half

Thaw shrimp, if frozen. Peel and devein shrimp, leaving tails intact desired. Rinse shrimp; pat dry with paper towels. Set aside. In a large saucepan, cook pasta according to package directions, adding the asparagus for the last 2 minutes of cooking. Drain pasta mixture and return to pan.

Meanwhile, in a large skillet, heat oil over medium-high heat. Add garlic and dried thyme (if using). Cook and stir for 10 seconds. Add shrimp; cook for 2 to 3 minutes or until shrimp turn opaque, stirring frequently. Stir in half-and-half; reduce heat. Heat through. Remove from heat.

Add shrimp mixture and fresh thyme (if using) to the pasta mixture in pan. Toss to coat. Serve warm.



if

Tangy Winter Salad

- 4 cups bite-size broccoli florets
- 4 cups bite-size cauliflower florets
- $\frac{1}{2}$ cup water
- $\frac{1}{3}$ cup lemon juice
- 2 tablespoons extra-virgin olive oil
- $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{2}$ teaspoon dried oregano
- $\frac{1}{2}$ teaspoon sugar
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ cup quartered pitted Kalamata olives
- $\frac{1}{4}$ cup chopped soft sun-dried tomatoes



Pace broccoli, cauliflower and water in a large microwave-safe bowl. Cover and cook on High until just tender, about 4 minutes. (Alternatively, steam over 1 inch boiling water in a large saucepan fitted with a steamer basket until just tender, about 4 minutes.) Drain.

Mix lemon juice, oil, garlic powder, oregano, sugar and salt in another large bowl. Add the vegetables and toss to combine. Let marinate in the refrigerator, stirring once or twice, for 20 minutes.

Stir in olives and tomatoes. Serve, drizzling with any dressing left in the bowl.



#MySweatyValentine

Workout 1



10 Mtn Climbers then switch.

3 Min AMRAP Mtn Jackers

Rest 1 minute.



10 Push Ups then switch.

4 Rounds Wall Sits + Push Ups

Rest 1 minute.



Can also use medicine ball.

3 Min AMRAP Pillow Toss Sit Ups

Rest 1 minute.



Use light weights or objects.

40 Weight Trading Lunges

See movement videos at
RunningHutch.com

#MySweatyValentine

Workout 2



10 Min AMRAP Of:



5

Balancing Toe Touches

5 toe touches for each leg.



6

Plank Over Burpees

Each partner does 6 burpees
while the other holds a plank.



7

Straddling Body Rows

Each partner does 7 body rows.



8

Press Squats

Each partner does 8 presses
while the other holds a squat.

See movement videos at RunningHutch.com



Kids Night Out

February 28th

6pm-7:30pm

Ages 5 and up

\$3.00 per child or free with
membership upgrade.

Dinner will be served!!

***Pre-register by
February 26th.***





Just for Kids



Valentine's Slime Recipe

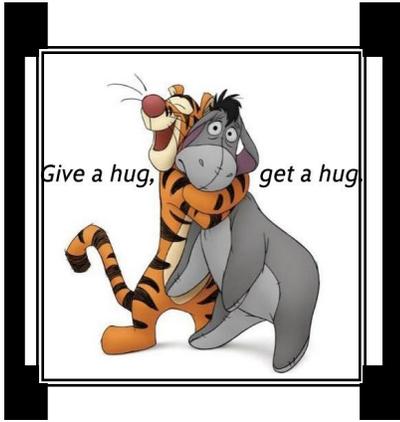
Squeeze 8 oz. of white glue (Elmer's) into a bowl. Add 1 tablespoon of pink craft paint and 1 tablespoon of red glitter.

1. Add 1/2 cup liquid starch (found in the laundry section of most stores). Immediately start squishing the ingredients together with your hands to mix. Add 2 tsp. corn starch and continue mixing for a few minutes.

2. Drain the excess liquid and let the slime sit for about five minutes. Then squish and fold the slime over on itself until it reaches the desired consistency.

Too sticky? Add a little more liquid starch.





Hugging is healthy. It helps the immune system, cures depression, reduces stress, and induces sleep. It's invigorating, rejuvenating, and has no unpleasant side effects. It's nothing less than a miracle drug. Hugging is all natural. It's organic, naturally sweet, has no artificial ingredients, and is 100% wholesome. Hugging is the ideal gift, great for any occasion, fun to give and receive, shows you care, comes with its own wrapping paper, and of course, it's fully returnable.

One can never have too many hugs or laughs too often.

Oh, I love hugging. I wish I was an octopus, so I could hug 10 people at a time!

-Drew Barrymore

