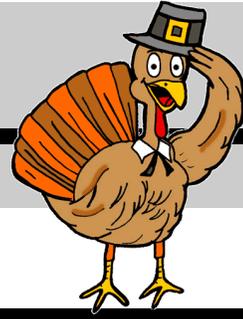


# JRD NEWSLETTER

## NOVEMBER 2019



### 20 Ways to Show Gratitude for the People in Your Life!

By Lori Deschene, founder of Tiny Buddha and author of  
Tiny Buddha's Gratitude Journal

#### We giveThanks

Family	♥
Friends	♥
Health	♥
Country	♥
Home	♥
Education	♥
God	♥
The JRD!	♥

**“Feeling gratitude and not expressing it is like wrapping a present and not giving it.”**

**–William Arthur Ward**

The holiday season generally brings us closer to people. Sometimes that closeness reminds us how much we love each other. Sometimes it reminds us that we drive each other crazy, as family often does.

At the heart of it,

Thanksgiving in particular calls us to see people with the deepest appreciation for the gifts they've given us. Some gifts are more immediately obvious than others—the type that come with praise, affection, and genuine esteem.

Others push us, stretch us, test us, and make us wonder if there's anything to be grateful for at all.

There's no denying certain relationships are more challeng-

ing than others, but through each we have an opportunity to grow and help others do the same. Every relationship teaches us something about loving, trusting, forgiving, setting boundaries, taking care of ourselves, and taking care of each other.

From the people who love you, to the people who challenge you, to the people who support you at work, here's some ways to show your gratitude:

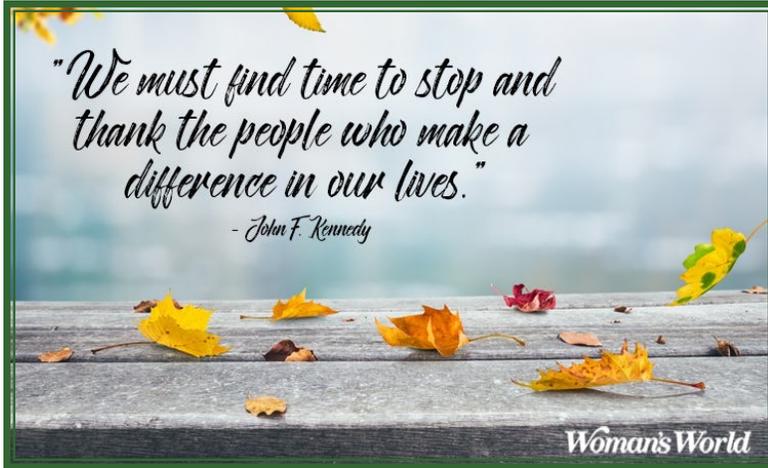
### Thanksgiving Events

- 6:00 Boot Camp
- 7:00 Spinning
- 8:00 Turkey Trot

**OPEN**

**6 am– 10 am**





1. Share a specific example of something they did for you and how it made a difference in your life.
2. Do something little but thoughtful for them—like clean up after Thanksgiving dinner!
3. Give a long, intimate hug; or if you know they don't like hugs, stick out your hand for a handshake to cater to their preferences *and* make them smile.
4. Tell them you're there if they have anything they want to talk about—and let them

know they have your full attention.

5. Give them something of yours that you think they would enjoy, and let them know specifically why you want them to have it.
6. Invite them to do something you know they've always wanted to do.
7. Encourage them to try something you know they want to try, but haven't yet because they're scared.
8. Offer to do something you know they don't enjoy doing, like organizing their closet or mowing their lawn.
9. Compliment them on a talent, skill, or strength that you admire.
10. Look them straight in the eyes and say, "You make the world a better place."
11. Give a larger tip than usual.
12. If they have a tip jar, include a thoughtful note of appreciation along with your coins or bills.
13. Smile when you order or enlist their assistance. Smiles are contagious, so give one away!
14. If they inspired you to push outside your comfort zone, thank them for inspiring you to take a risk, and let them know how it paid off.
15. If they serve you regularly, acknowledge something they always do well—like work efficiently or stay calm under pressure.
16. Exhibit patience, even if you're in a hurry.
17. Write a hand-written thank you note, acknowledging things you value about them and their work.
18. Offer to lighten their workload in some way if you are able.
19. Bring back lunch for them if you know they're working hard and likely haven't had a chance to grab something.
20. Remember the little things can make a big difference!



# How GRATITUDE Supports HEALTH

Research has found that gratitude is good for our bodies, our minds, and our relationships.



# **1ST -4TH GRADE BASKETBALL REGISTRATION**

Registration November 1st-December 27th

\$17.00 in district

\$27.00 out of district

Late registration subject to an additional \$10.00 increase  
in both in district and out of district.

Games played Saturdays starting January 18th-February 22nd.



# **KINDERGARTEN BASKETBALL CLINIC**



Register November 1-February 24th

\$15.00 in district

\$25.00 out of district

MONDAYS and WEDNESDAYS

February 24, 26, and March 2, 4

4:00-5:00 PM

This clinic is designed to introduce Kindergarten age to the fundamentals of basketball in a non-competitive environment. Participants will work on shooting, dribbling, passing and defense. There will be no designated teams or coaches. Each participant will receive a basketball to continue their fundamentals at the end of the clinic.

# JRD 5K Turkey Trot

November 28, 2019

Run starts at 8am

**Cost: 5 cans of food or non-perishables or a gently used coat**

It's a Super Hero Thanksgiving 5K!

\*Prizes for the best Superhero costumes\*

The Hulk, Captain America, Batman and Spiderman

Burn off those Thanksgiving calories with your friends and family. Course is a 3.64 mile run or walk along the bike path. Run starts and ends at the Jerome Recreation District. Register by Friday Nov. 22nd to be guaranteed a shirt on race day. **You WILL NOT receive a shirt if you register after Nov. 22nd.** All donations go to Martha and Mary Food Pantry. Please limit the amount of vegetables donated. Families in need can not prepare adequate meals with only canned vegetables. The food pantry is needing more protein rich food, baby products and paper products.



Register online, in our office or mail your registration and liability waiver to:

Jerome Recreation District

PO Box 289

Jerome, Idaho

208-324-3389



# Fall Chopped Salad with Spinach, Butternut Squash, Apples & Cheddar

Who says spinach salads are only for spring? Use autumn's tender crop of fresh spinach and other seasonal vegetables to make this fall salad with roasted butternut squash, apples, cheddar and pecans. This colorful and healthy salad would be a wonderful addition to your Thanksgiving menu, but there's no reason to save it for holidays—serve it along with chicken or pork for a healthy weeknight dinner, or turn it into a main course by adding some chickpeas or chopped chicken or leftover Thanksgiving turkey.



## Ingredients

- 1 small (1½ pounds) butternut squash, peeled and cut into ½-inch dice (about 4 cups)
- 2 cloves garlic, minced
- 3 tablespoons extra-virgin olive oil, divided
- ½ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- 2 tablespoons balsamic vinegar
- 1 teaspoon maple syrup
- 2 teaspoons Dijon mustard
- 8 cups packed baby spinach, roughly chopped
- 1 medium Honeycrisp apple, diced
- ½ cup diced sharp Cheddar cheese
- ½ cup toasted chopped pecans

- Serving size: 1¼ cups

Per serving: 185 calories; 12 g fat(3 g sat); 4 g fiber; 16 g carbohydrates; 5 g protein; 23 mcg folate; 7 mg cholesterol; 5 g sugars; 1 g added sugars; 11,195 IU vitamin A; 32 mg vitamin C; 148 mg calcium; 3 mg iron; 255 mg sodium; 315 mg potassium

## Directions

Stir squash, garlic, 1 tablespoon oil, ¼ teaspoon salt and ¼ teaspoon pepper together in a large bowl. Spread on a large rimmed baking sheet and roast, stirring once, until tender, about 20 minutes.

Meanwhile, whisk the remaining 2 tablespoons oil, vinegar, maple syrup, mustard and the remaining ¼ teaspoon each salt and pepper in the large bowl. Add spinach, the roasted squash, apples, cheese and pecans. Toss to coat.

A QUICK, SWEAT-TASTIC

# Thanksgiving Workout

## ALPHABET WORKOUT

- A: 15 Lunges per leg**
- B: 15 Burpees**
- C: 15 Supermen**
- D: 30-sec. Plank**
- E. 15 Push-ups**
- F: 30-sec. Foot Fire (quick feet)**
- G: 15 Push-ups**
- H: 25 Bridges (Hold last 10 sec)**
- I: 20 Side Lying Leg Lifts (per leg)**
- J: 30-sec. Plank**
- K: 30-sec. Wallsit**
- L: 15 Burpees**
- M: 30-sec. Wallsit**
- N: 30-sec. Plank**
- O: 15 Supermen**
- P: 30-sec. Foot Fire (quick feet)**
- Q: 25 Bridges (Hold last 10 sec.)**
- R: 20 Side Lying Leg Lifts (per leg)**
- S: 15 Supermen**
- T: 15 Burpees**
- U: 30-sec. Wallsit**
- V: 15 Supermen**
- W: 15 Lunges per leg**
- X: 30-sec Foot Fire (quick feet)**
- Y: 15 Push-ups**
- Z: 15 Burpees**



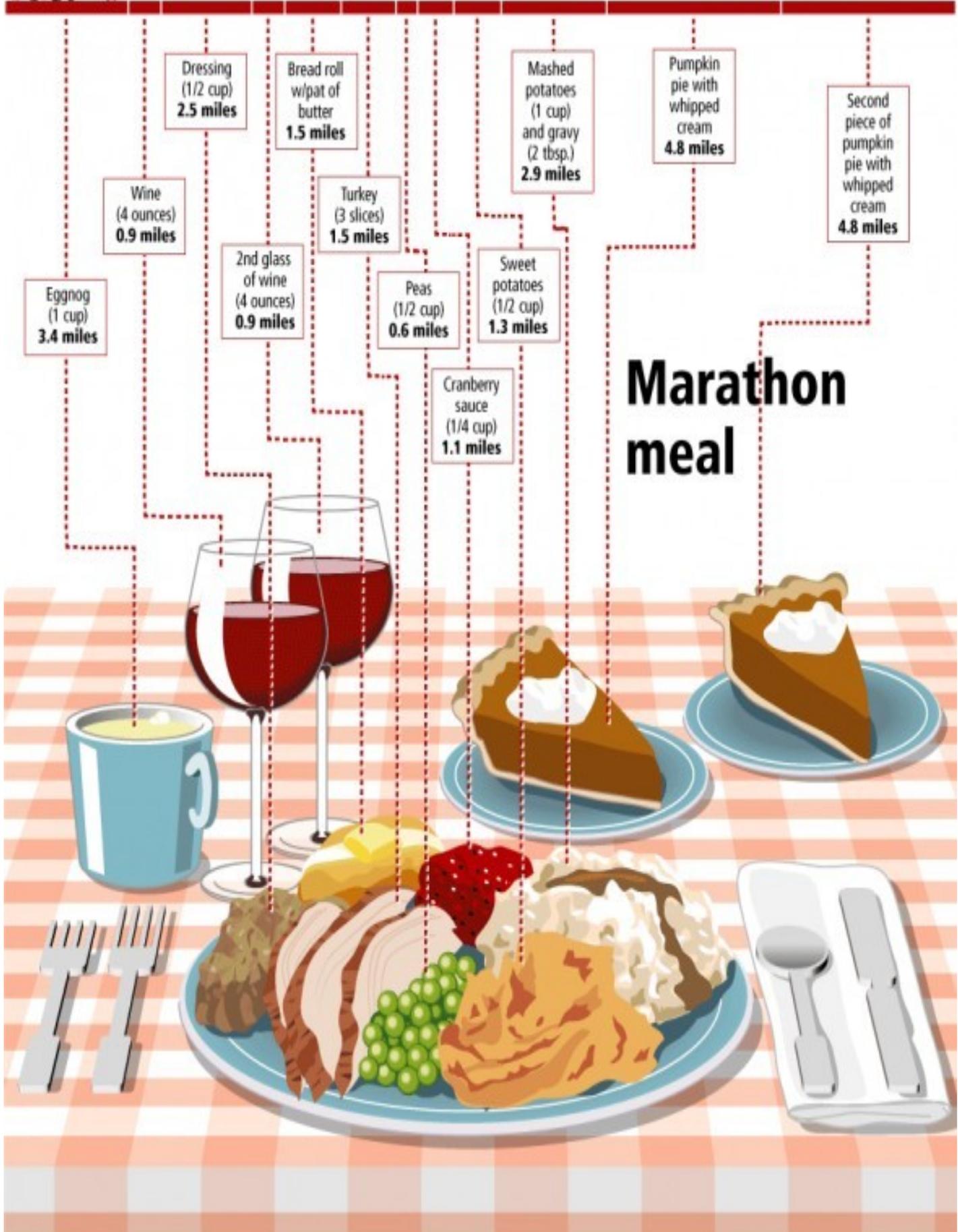
## DETAILS:

Spell: Happy  
Thanksgiving Day,  
(Name). For an added  
challenge, spell your  
favorite holiday foods.

[www.knicholastraining.com](http://www.knicholastraining.com)



Our bodies burn calories with exercise, at a rate of around 100 calories per mile, running or walking, over level terrain. To burn off a standard Thanksgiving dinner, we would have to stroll a 26.2-mile marathon.



# Kids Night Out

## Thanksgiving Celebration

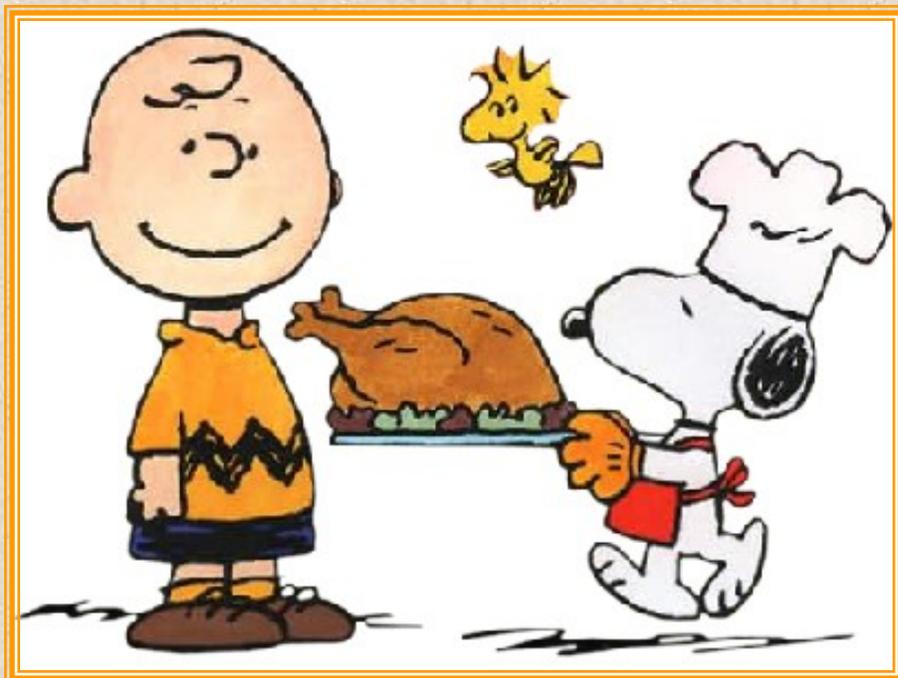
November 21st, 2019

6-7:30 pm

\$3.00 per child or  
free with membership upgrade

Ages 5 and up

*Pre-register by November 19th*



# Just For Kids

## THANKSGIVING

### SCAVENGER HUNT

Remember what you're grateful for  
by hunting for the items below!

A Person You Love 	Something You Think Is Beautiful	Something Fall Colored	Something With Words On It
Reminds You Of The Holidays 	That Keeps You Warm	Something That Keeps You Healthy & Strong	Something Funny 
Something Sweet	A Bird 	Something In Nature	Something Fuzzy
An Animal 	Someone Old	Someone Young 	Something You're Thankful For



# Thoughts from some of our JRD Friends!

Nyla is grateful for making the basketball team.

Erik is grateful for his uncle who is serving in the army.

**BARBARA IS  
THANKFUL FOR HER  
FAMILY.**



Devin is thankful for his kids and his gray hair.....cause that means he has hair!

Veronica is thankful for people who lend a listening ear.

Riley is grateful for our community and it's willingness to help whenever needed.

Rodney is thankful for his good health!

Sylvia is thankful for her health and education.

Josie is grateful for her husband's new job.

Velia is grateful for her health, kids and exercise.

**LETTIE IS THANKFUL  
FOR THE JRD.**

Scott is thankful for Jesus in his life.

Vanessa is thankful for her job.

