



# JRD Newsletter December 2019

## 15 Ways to Naturally Boost Your Immune System in the Winter Months

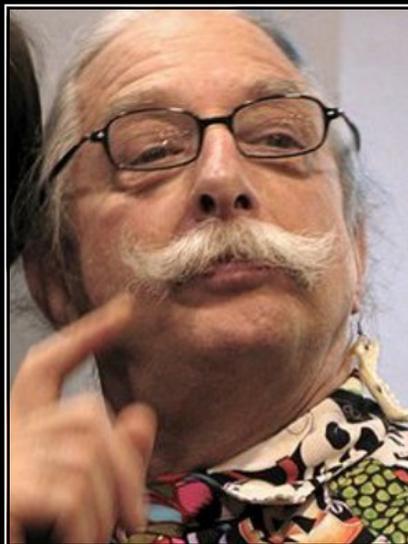
Winter has come and with it those pesky flu bugs. Want to help your body be its strongest this winter season? Check out this handy list of the top 15 things you can do to help boost your immune system this winter

1. **Eat to strengthen yourself** – Focus on eating a healthy balanced diet, adding all colors of foods and variety of foods in your meals– especially fruits, vegetables, nuts, and seeds. The nutrition in these foods will more than take care of your immunity!
2. **Add herbs and spices to your food** – Herbs and spices have been known to have anti-bacterial and antiseptic healing properties, plus they make any dish taste great!
3. **Natural antibiotic garlic** – This bulb has earned a special place in this list for its anti-microbial properties. Eating raw garlic is one of the most potent (and pungent!) ways to improve your immunity!
4. **Drink enough water** – Water is the best way to cleanse our body of all the toxins and to ensure that our system stays healthy and hydrated as well as help strengthen your immune system!
5. **Workout** – This doesn't have to be at the gym or a fitness studio, it could be a simple half hour walk every day. Exercising every day is vital for good health. It reduces the risk of heart



disease, cancer, high blood pressure, diabetes and other diseases. It can improve your appearance and delay the aging process.

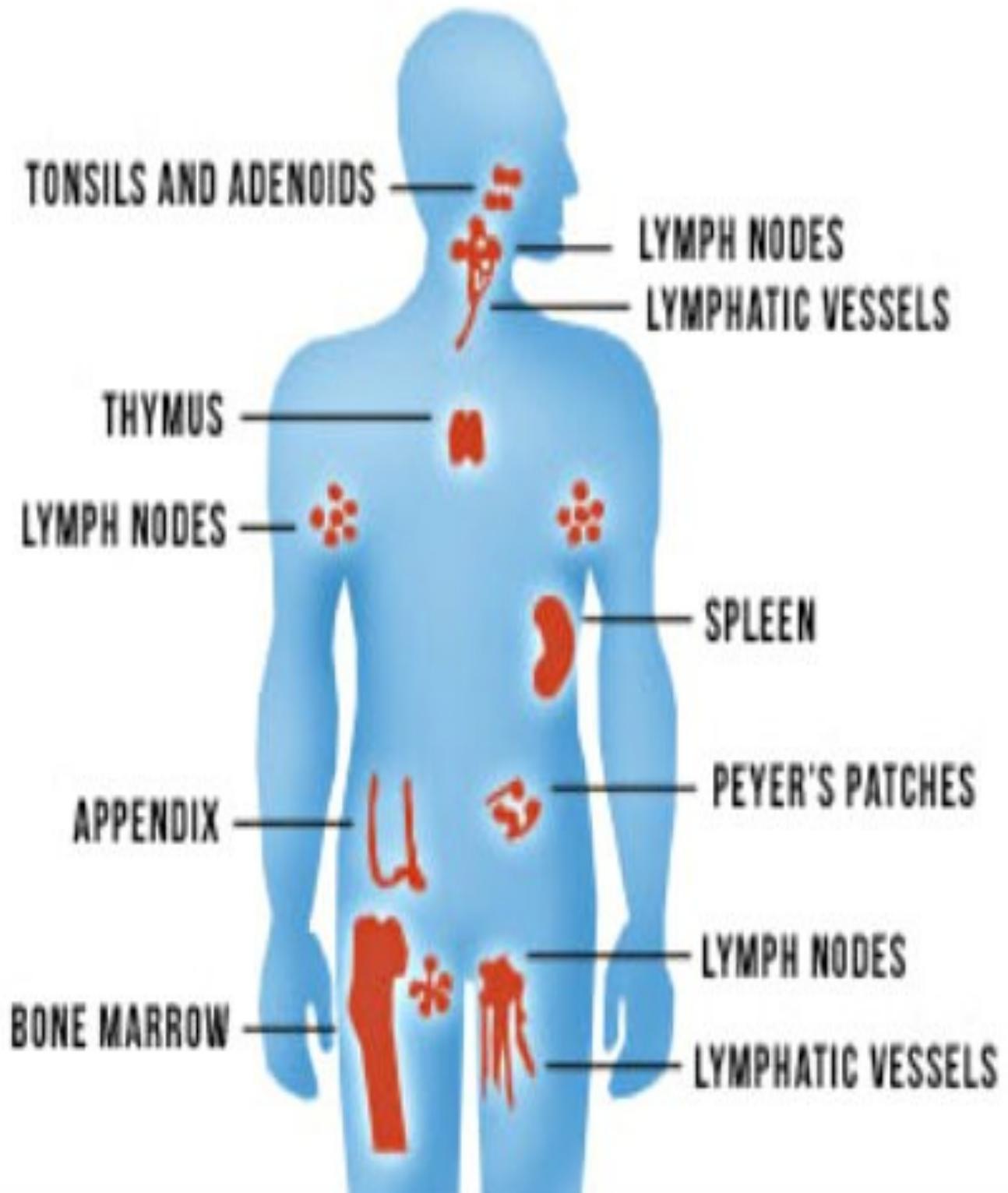
6. **Make sure you get enough sleep** – The immune system is strengthened and fine-tuned during sleep, and sleep deprivation can lead to weakening it. Ensure that you get a good 8 hours of sleep every night to keep your immune system in good shape.
7. **Try not to stress too much** – It is now a well-known fact that stress increases our susceptibility to illness and those with higher stress levels are falling ill more often. The best way to protect yourself is to relax! Find some time to recharge, meditate, read or do yoga.
8. **Cut back on the sugar** – Sugar is potentially damaging to your immune system because of its tendency to cause inflammations in the body, a thriving ground for microbes of the flu. Switch to natural sources such as fresh/dried fruits and your gut will thank you.
9. **Have a massage** – What could be a better way to improve your immunity system than having a relaxing massage? Massages stimulate the lymphatic system, the defense force of our body.
10. **Dress smartly!** Make sure you are well-protected in the cold winter weather, especially paying attention to your hands and the face, which often tend to be forgotten. Wear snug gloves and a warm scarf good and of course make sure you wear an appropriate jacket and winter boots. Stay warm, stay healthy!
11. **Wash your hands often** – Of course you need to do this regardless of what season it is, but come winter with cold and the flu going around you'd be better off taking this simple precaution than having to worry about catching germs and getting ill.
12. **Reach out** – Studies show that feelings of isolation and loneliness correlate with lowered immunity. So make an effort to connect with your family and friends and allow their warmth to make your winter more pleasant.
13. **Stay away from the toxins** – We unknowingly surround ourselves with toxins through our cleaning products, some of which may be dangerous to our immune system. Use green cleaning products to keep your house and your body clean!
14. **Switch your moisturizing lotion to coconut oil** – Coconut oil is a natural healing and protecting substance and acts as a barrier for the skin from microbes. It will also leave your skin feeling incredibly soft and supple!
15. **Stay sober** – Alcohol is known to suppress the immune system and you definitely don't need this with flu and colds going around. Drink fresh fruit juice instead!



Laughter boosts the immune system and helps the body fight off disease, cancer cells as well as viral, bacterial and other infections. Being happy is the best cure of all diseases!

— Patch Adams —

# ORGANS OF THE IMMUNE SYSTEM



# 2019 Jingle Bell 5K Run or Walk



© 2000-2011 Jingle Bell Junction

Cost : \$20.00 a  
PERSON or \$60.00

a FAMILY

IMMEDIATE FAMILY OF 4

**Register before  
December 9th to  
guarantee a shirt on race  
day.**

*You WILL NOT  
Receive a shirt if you  
register after December 9th.*

**Saturday, December 14th, 2019  
8:00 AM**

Run starts at the JRD and follows the bike path around, back to the JRD. T-shirts, refreshments and prizes for the best festive holiday attire! Call or stop by the office to register.

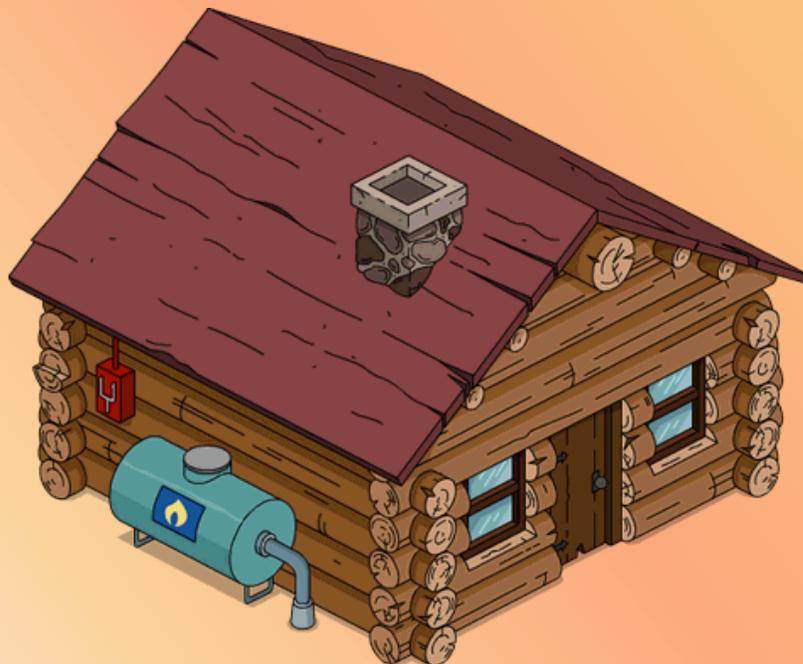
# CABIN FEVER DAY

**Sponsored by**  
**Pioneer Federal Credit Union**  
**Jerome Recreation District**

**Free to the Community**

**January 11, 2020**

**10 am—noon**



# Men's Basketball League

## Returning Team Registration

November 1-November 19th

## Open Registration

November 20-January 3rd

**Registration will require team fee, a completed roster, liability waiver & Sexual Harassment Policy listing and signed by a minimum 8 players.**

### Team Fee \$400

Team fee includes: Player Fees, Referees/  
Staff, Supplies, and Awards

- Season will be 6 weeks followed by a post season tournament. Post season tournament will be played on regularly scheduled nights.
- Games played Mondays and Wednesdays starting January 20th.
  - Game times are 7:00, 8:00 or 9:00 PM.
  - League limited to 12 teams.
  - No divisions. Will be an open league.
- Players must be out of high school to qualify for participation.



### Registration Options

In person at 2032 South Lincoln

By mail at PO Box 289, Jerome, Idaho, 83338

By phone at 324-3389 (pay with Visa or Mastercard)

Online at [www.jeromerecreationdistrict.com](http://www.jeromerecreationdistrict.com) (pay with Visa or Mastercard)

For additional questions about Men's Basketball League,  
please contact the JRD at 208-324-3389

# HAPPY NEW YEAR

2020 New Years Membership Specials  
(Available for purchase Dec. 15 - Jan. 15, 2020)

## 3 Month Special

Valid January 1st through March 31st

### Basic Silver Membership

	In-District	Out-of-District
Adult	\$ 56.80	\$ 66.80
Couples	\$ 86.70	\$ 96.70
Youth (13-17)	\$ 34.00	\$ 44.00
Family	\$ 113.40	\$ 123.40
Senior Cit. (55 & up)	\$ 34.00	\$ 44.00

OR

10% OFF Any One-Year Membership

(Automatic Withdrawal Payments)

OR

15% Off Any One-Year Membership

If Paid in Full

**LIMITED  
TIME  
OFFERS**



# December Obstacle Course class schedule!

Saturday Nov. 30<sup>th</sup> at 8am

Wednesday Dec. 4<sup>th</sup> at 7pm

Wednesday Dec. 11<sup>th</sup> at 7pm

Wednesday Dec. 18<sup>th</sup> at 7pm

**COST: \$3 A CLASS OR FREE WITH  
MEMBERSHIP UPGRADE**

**INSTRUCTOR: DARIN HARRISON**

**Beginners to advanced  
Participants welcome!**



An obstacle course is a series of challenging physical obstacles an individual or team must navigate usually while being timed. **Obstacle courses** can include running, climbing, jumping, crawling, swimming, and balancing elements with the aim of testing speed and endurance. Sometimes a course involves mental tests. Come out and try an obstacle course class and you will be on your way to competing in Spartan like races if you choose to do so. Even if you don't do any obstacle course events, you will still enjoy it and get an excellent full body workout.

# Just For Kids



## Materials:

1. Jumbo craft sticks
2. regular craft sticks
3. Craft paper
4. Pom poms
5. Wiggle eyes
6. Buttons
7. Chenille stems
8. Ribbon
9. Paint and or markers
10. Glue
11. Scissors

## Directions

1. Glue your craft sticks together accordingly (see pictures)
2. Paint or color the craft sticks
3. For the Rudolph cut out some antlers and a nose from craft paper, Glue on the nose, antlers, some wiggle eyes and a red pom pom nose
4. For the snowman glue on some wiggle eyes, a carrot nose and any embellishments. Color on a button mouth.
5. For the gingerbread man paint a white squiggle around the outer edge, and some for a mouth. Glue on a some button cheeks, wiggle eyes and a bow.
6. The penguin cut out and glue on some feet, a beak and some wiggle eyes. For the ear muffs glue on 2 large pom poms and a chenille stem to connect them.
7. For the Christmas tree use a chenille stem for garland and pom poms for ornaments, lastly add a star or a snowflake to the top.



# 10 Foods to Eat to Avoid a Winter Cold

The drop in temperatures brings with it a spike in sicknesses, but you can outsmart the common cold in the kitchen. [Lisa Yarah](#), New York State Certified Nutritionist and Registered Dietitian, shares the 10 immunity-boosting items to stock your fridge and pantry with this winter.

**1) Red Bell Peppers.** You know vitamin C is essential for boosting the immune system, but did you know that red bell peppers contain double the amount than that of citrus fruits? "Consuming five varied servings of fruits and vegetables per day can provide more than 200mg of vitamin C and thereby naturally boost your immunity," says Yarah.

**2) Fennel.** Eating fennel, which contains about 20% vitamin C, regularly increases your body's resistance to infectious diseases. Consumption allows white blood cells, the ones that destroy bacteria and viruses in the body, to work harder, which lessens your chances of catching a cold.



**3) Yogurt.** Many yogurts contain probiotics that help the body resist contaminations and aid in quicker recovery from infections. "The probiotics found in yogurt are healthy bacteria that aid in digestion," says Yarah. "Since 60% of your immunity lines your gut, keeping your gut healthy is a great line of defense."



**4) Green Tea.** Not only does it aid in weight loss, green tea also contains antioxidants needed for optimal health. In a journal article published by the National Center for Biotechnology Information, green tea is found to protect the body against oxidants and radicals, which can cause harm to the body when not properly regulated.



**5) Sweet Potatoes.** Swap out your traditional mashed potato side this Thanksgiving for sweet potatoes; the carbohydrate is rich in antioxidants and improves cell function.



**6) Garlic.** Known for adding flavor, garlic is an ingredient that has been found to help fight off the cold by consumption of its cloves. It also contains calcium, potassium and sulfuric compounds that get rid of unwanted bacteria.



**7) Turmeric.** Not only does it give your meal curry-like flavor, turmeric is also found to fight infection and inflammation by preventing damage caused by free radicals.

**8) Salmon.** Protein-rich salmon is a super-food for getting your essential nutrients like omega-3 fatty acid, which is necessary for the activation of T-cells. The higher your T-cell count, the better chance you have of not getting sick.



**9) Oysters.** Oysters contain vitamin C, vitamin E and a host of antioxidants that keep your cells healthy.



**10) Brussels Sprouts.** Not only do Brussels sprouts provide tons of nutrients for such a small amount of calories, but they also prevent damage to cells in the body. All you need is half a cup to provide you with half the amount of vitamin C that's recommended per day.



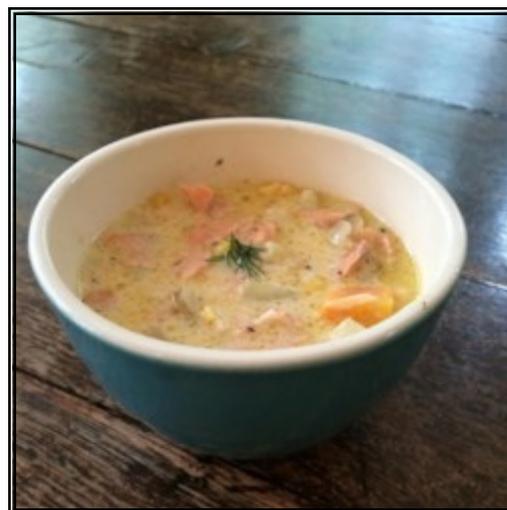
## Easy Grilled Salmon

- lemon pepper to taste
- garlic powder to taste
- salt to taste
- 1/3 cup soy sauce
- 1/3 cup brown sugar
- 1/3 cup water
- 1/4 cup vegetable oil

1. Season salmon fillets with lemon pepper, garlic powder, and salt.
2. In a small bowl, stir together soy sauce, brown sugar, water, and vegetable oil until sugar is dissolved. Place fish in a large resealable plastic bag with the soy sauce mixture, seal, and turn to coat. Refrigerate for at least 2 hours.
3. Preheat grill for medium heat.
4. Lightly oil grill grate. Place salmon on the preheated grill, and discard marinade. Cook salmon for 6 to 8 minutes per side, or until the fish flakes easily with a fork.

## Salmon Chowder

- 3 tablespoons butter
- 3/4 cup chopped onion
- 1/2 cup chopped celery
- 1 teaspoon garlic powder
- 2 cups diced potatoes
- 2 carrots, diced
- 2 cups chicken broth
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 teaspoon dried dill weed
- 2 (16 ounce) cans salmon
- 1 (12 fluid ounce) can evaporated milk
- 1 (15 ounce) can creamed corn
- 1/2 pound Cheddar cheese, shredded



1. Melt butter in a large pot over medium heat. Saute onion, celery, and garlic powder until onions are tender. Stir in potatoes, carrots, broth, salt, pepper, and dill. Bring to a boil, and reduce heat. Cover, and simmer 20 minutes.
2. Stir in salmon, evaporated milk, corn, and cheese. Cook until heated through.



*The Jerome Recreation District  
wishes each of you a very  
Merry Christmas  
and a  
Happy, Healthy New Year!*