



JRD December Newsletter 2021

CHRISTMAS IS COMING! 2021 Jingle Bell 5K Run or Walk



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**Saturday,
December 11, 2021
8:00 AM**

**Cost : \$20.00 a person or
\$60.00 a Family
Immediate Family of 4**

**Register before December
3rd to guarantee a shirt on
race day.**

*You WILL NOT
Receive a shirt if you
register after December 14th.*

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.

**IT'S NEVER THIS COLD
FOR OUR
JINGLE BELL FUN RUN!
SIGN UP TODAY!**





YOUTH BASKETBALL

Registration December 1-Jan 3

Cost: \$30 in District \$40 Out-of-District

1st grade thru 4th grade

**All coaches will be supplied by
DNA Basketball LLC.**

New League Format

Games Start January 2022

For more information contact the
Jerome Recreation District at 208-324-3389.

Register by phone at 208-324-3389,
online at jeromerecreationdistrict.com, or
stop in to register at 2032 South Lincoln.

Ingredient Substitutions:

Make the Switch for Healthier Recipes

Great tips for making your holidays a bit healthier!!

All-purpose (plain) flour	Whole-wheat flour for half of the called-for all-purpose flour in baked goods Note: Whole-wheat pastry flour is less dense and works well in softer
Bacon	Canadian bacon, turkey bacon, smoked turkey or lean prosciutto (Italian ham)
Butter, shortening or oil in baked goods	Applesauce or prune puree for half of the called-for butter, shortening or oil Note: To avoid dense, soggy or flat baked goods, don't substitute oil for butter or shortening.
Butter, margarine, shortening or oil to prevent sticking	Cooking spray or nonstick pans
Creamed soups	Fat-free milk-based soups, mashed potato flakes, or pureed carrots, potatoes or tofu for thickening agents
Dry bread crumbs	Rolled oats or crushed bran cereal
Eggs	Two egg whites or 1/4 cup egg substitute for each whole egg
Enriched pasta	Whole-wheat pasta
Evaporated milk	Evaporated skim milk
Fruit canned in heavy syrup	Fruit canned in its own juices or in water, or fresh fruit
Fruit-flavored yogurt	Plain yogurt with fresh fruit slices
Full-fat cream cheese	Fat-free or low-fat cream cheese, Neufchatel or low-fat cottage cheese pureed until smooth
Full-fat sour cream	Fat-free or low-fat sour cream, plain fat-free or low-fat yogurt
Ground beef	Extra-lean or lean ground beef, chicken or turkey breast (make sure no poultry skin has been added to the product)
Iceberg lettuce	Arugula, chicory, collard greens, dandelion greens, kale, mustard greens, spinach or watercress

Margarine in baked goods	Trans fat-free butter spreads or shortenings that are specially formulated for baking Note: If ingredient lists include the term "partially hydrogenated," it may have up to 0.5 grams of trans fat in one serving. To avoid dense, soggy or flat baked goods, don't substitute diet, whipped or tub-style margarine for regular margarine.
Mayonnaise	Reduced-calorie mayonnaise-type salad dressing or reduced-calorie, reduced-fat mayonnaise
Meat as the main ingredient	Three times as many vegetables as the meat on pizzas or in casseroles, soups and stews
Oil-based marinades	Wine, balsamic vinegar, fruit juice or fat-free broth
Salad dressing	Fat-free or reduced-calorie dressing or flavored vinegars
Seasoning salt, such as garlic salt, celery salt or onion salt	Herb-only seasonings, such as garlic powder, celery seed or onion flakes, or use finely chopped herbs or garlic, celery or onions
Soups, sauces, dressings, crackers, or canned meat,	Low-sodium or reduced-sodium versions
Soy sauce	Sweet-and-sour sauce, hot mustard sauce or low-sodium soy sauce
Syrup	Pureed fruit, such as applesauce, or low-calorie, sugar-free syrup
Table salt	Herbs, spices, fruit juices or salt-free seasoning mixes or herb blends
White bread	Whole-wheat bread
White rice	Brown rice, wild rice, bulgur or pearl barley
Whole milk	Reduced-fat or fat-free milk





Holiday Hours For the JRD

Christmas Eve

Close at 3:00

Christmas Day

Closed

New Year's Eve

Close at 5:00

New Year's Day

Closed

Just for Kids



Simple Snowman

Need—

Graham crackers for base

Mini marshmallows for beard and hat

Cinnamon candies or mini M & M's for eyes

Gum drops for nose

Frosting for face and hat

Food coloring to tint frosting

Directions—

Break graham cracker in half to form a square. In a small bowl tint frosting the color you want for the face. Spread on graham cracker. In a separate bowl tint frosting for hat. Spread frosting on cracker for hat. Place marshmallows and candies on graham cracker to finish face and hat.



Healthy Gift Giving

Beef Barley Soup Mix in a Jar

1 (1 pint) jar
3/4 cup medium pearl barley, separated
1/2 cup dried lentils or split peas
2 tablespoons dried parsley flakes
1/4 cup dried minced onions
1/4 cup instant beef bouillon
2 tablespoons dried celery flakes
1/2 teaspoon dried thyme leaves
2 bay leaves
1/4 teaspoon black pepper
1/4 teaspoon dried minced garlic



Layer soup kit ingredients in jar in order listed, using half of barley first and then remaining barley at the top. Close jar securely with lid. Attach cooking instructions.

Beef Barley Soup

1 (2 pound) boneless beef chuck, cut in 1/2-
to 3/4-inch pieces or 2 pound lean hamburger
1 tablespoon vegetable oil
Contents of gift jar
10 cups water

Heat oil in Dutch oven over medium heat and brown the meat. Pour off drippings. Add the contents of soup kit jar and water to Dutch oven; bring to a boil. Reduce heat; cover tightly and simmer 1 1/2 to 1 3/4 hours or until beef is fork tender.

Discard bay leaves.

Yields 8 servings.

Ginger ALL THE Way!



Ginger is the star of the season's gingerbread cookies and tasty cakes, but the plant's healing properties are something to celebrate as well!!!

Hair

Ginger is a terrific remedy for dandruff! Find ginger-filled products for helping you get rid of those flakes!

Create a hair mask with fresh ginger juice mixed with coconut oil.

Tummy

Whether you are experiencing indigestions after a big meal or have a flu bug, steep a cup of ginger tea or enjoy a bit of fresh ginger to help soothe that tummy....or try nibbling on some candied ginger or gingersnaps!!!

Skin

Ginger is filled with antioxidants that help improve collagen production. Ginger will give your skin a soft, smooth appearance and helps prevent signs of aging like wrinkles.

Immune System

Ginger boosts the immune system by breaking down toxic substances in the body's organs. It has a cleansing effect on the lymphatic system. Ginger stops too many toxins from accumulating especially in the respiratory system. Ginger can also help with pain relief and inflammation.

Tip

Place knob of ginger in airtight containers and freeze. It is much easier to grate when frozen.

Tip

Find it hard to peel? Skip the peeler....use a spoon to easily scrape the papery skin away!

TURKEY GINGER NOODLE SOUP

Ingredients

- 2 medium carrots, sliced
- 2 cans (8 oz) sliced water chestnuts,
drained
- 3-4 T minced fresh gingerroot
- 2 tsp. chili powder
- 4 c. chicken stock
- 1 can (11.8 oz.) coconut water
- 3 T lemon juice
- 2 lbs. boneless, skinless turkey breast,
cubed into 1" cubes
- 2 tsp. pepper
- 1/2 tsp salt
- 2 T canola oil
- 1 c. kernel corn
- 1 c peas
- 8 oz. rice noodles or thin spaghetti



Directions

1. Place the first 8 ingredients in a 4- or 5-qt. slow cooker.
2. Toss turkey with pepper and salt. In a large skillet, heat oil over medium-high heat; brown turkey in batches. Add to slow cooker
3. Cook, covered, on low 4-5 hours, until carrots are tender. Stir in corn and peas; heat through.
4. Cook noodles according to package directions; drain. Add to soup just before serving.

New Year's Weight Loss Challenge

Begins January 3rd

Individual-\$25



CHALLENGE: *The 12 days of Fitness*

DURATION: *1 - 10 minutes*

FOCUS AREA: *Full body accumulator workout*

ALWAYS REMEMBER
WARM UP ↑
COOL DOWN ↓

FIRST DAY



FIFTH DAY



NINTH DAY



SECOND DAY



SIXTH DAY



TENTH DAY



THIRD DAY



SEVENTH DAY



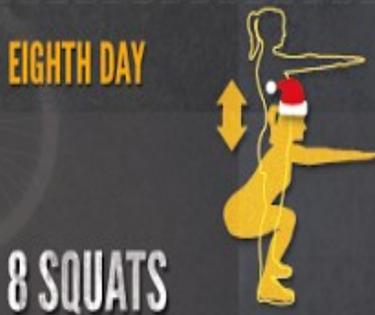
ELEVENTH DAY



FOURTH DAY



EIGHTH DAY



TWELTH DAY





2022 New Years Membership Specials
(Available for purchase Dec. 14 - Jan. 14, 2022)

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



'Twas the Night Before Christmas
(like you've never heard it before!)

'Twas the night before Christmas, when all through the gym

Not a creature was stirring, not even grown, ugly men.

The stockings were hung by the squat rack with care,

In hopes that St. Arnold soon would be there.

The members were nestled all snug in their beds,

While visions of sweat-droplets streamed down their foreheads.

And the trainer with his frown, and I by his flank,

Had just set our minds to a 30-second plank.

When out in the parking lot arose such a clatter,

I sprang from my stance to see what was the matter.

Away to the window I hurried and jumped,

Tore open my T-shirt to show off being pumped

The moon on the breast of a new-fallen snow,

Gave the lustre of mid-day objects below.

When, what to delay my goals should appear,

But a weightlifting sleigh, and eight chiseled reindeer.

With a massive old driver, a broad intimidator,

I knew in a moment it must be The Terminator.

More rapid than Cross-Fitters his coursers they came,

And he whistled, and shouted, and called them by name!

"Now Dasher! now, Dancer! now, Prancer and Vixen!

On, Comet! on, Cupid! on, on Donner and Blitzen!

Now flex away, flex away, flex away all!"

As runners that after the gun of a 5k,

When they meet with a road block, briskly jump away.

So up to the roof top the coursers they knew

With a sleigh full of Kettle-bells, and St.Arnold too.

And then, in an interval, I heard on the roof,

The prancing and pawing of each veiny hoof.

As I drew in my head, and was turning around,

Down the climbing rope St.Arnold came with a bound.

He was dressed all in sweats, from his toes to his cusps,

And his clothes were all sweaty from squats and pushups.

A bundle of iron he had flung on his back,

And he looked like a giant, just opening his pack.

His forearms how they bulged! His pecks how scary!

His chin was like steel, his stance made me wary!

His calves flexed hard like in a body-building show,

And the intensity of his aura you may never know!

The weight of the bag he held tight in his grip,

But with such savvy strength it just wouldn't rip.

He had broad shoulders and abs with such envy,

That veins popped out when he flexed, like in a Hollywood movie

He was shredded and jacked, a muscular old man,

I flinched when I saw him, in spite of my workout plan!

A wink of his eye and a twist of his head,

Soon gave me to know I had nothing to dread.

He spoke not a word, but went straight to his work,

And filled up the barbell, and cleaned with a jerk.

Then flexing is bicep with a firm grip that he chose,

And giving a nod, back up the climbing rope he rose.

He sprang to his sleigh, to his team gave a command,

And away they all flew like cheetahs on dry land.

But I heard him exclaim, 'ere he yelled with a shout,

"Merry Christmas to all, and to all a good workout!"

The End

Original story by Clement Clarke Moore

Rendition by Trey Tompkins, Record-Herald fitness column writer





*Merry
Christmas*

*From the staff at
The Jerome Rec!!*