



JRD Newsletter

March 2023

JRD Magic Valley Hike Series

Spring is coming and the urge to get out and enjoy some sunshine can be powerful. A look ahead to the Magic Valley Hike series is just the remedy. This series is for anyone interested in exploring our local hiking areas. Most of the hikes are at least two miles long and will be moderate. Led by Amy Worthington or Kim Baar and *full of fun!! Any questions, call the Jerome Recreation District at 208-324-3389.*

Every Wednesday for 6 weeks

April 26-May 31

Free

Meet at location @6:00 PM

Week #1 April 26 Dierkes Lake

Week #2 May 3 Yingst Road/Jerome Canyon

(west of the golf course)

Week #3 May 10 Auger Falls

Week #4 May 17 Rock Creek Canyon

Week #5 May 24 Canyon Rim Trail

(corner of Poleline and Eastland)

Week #6 May 31 Box Canyon



JRD Neon Night 5K

Friday, March 17th



Time: 7:00 pm

Cost: Individuals-

\$20.00

Pre-register by March 8TH to
guarantee

a shirt at race day.

What do you receive?

Run T-shirt, glow stick accessories, snacks and a night of fun and great music!

WHAT IS A NEON NIGHT RUN?

It is a fun family friendly event 5K Run or Walk an. A Neon Night Run is different because the event takes place at night and participants light up the course with t-shirts, glow bands, and after the race, participants are treated to post-race fun with food, music and a t-shirt.. The JRD staff and volunteers are excited to bring this unique and fun event to Jerome. The run starts and ends at the JRD. Sign up today to join the fun! Come join us in your best GLOW garb!!

Jerome Recreation District

2032 South Lincoln 324-3389

Father & Son Outdoor Nerf Night

THURSDAY, MARCH 30TH

6:00 PM

\$5.00 PER PERSON

Pre-register by March 27th



**Label all your Nerf guns & darts,
DRESS WARM,
and come enjoy a fun night!
Hot dogs and Chili for dinner!!**



FRIDAY, APRIL 7TH

Bring your family, flashlights, and Easter baskets or bags to Spear's Park (The park behind the JRD) to search for eggs filled with candy and gifts.
For ages 2-12 years old.

Twilight Hunt: 7:45pm -One parent per child will be allowed on the field with children ages 2 to 4 for a twilight egg hunt when it's not quite so dark out yet.

Flashlight Hunt:8:00pm Kids ages 5 to 12 will hunt eggs by themselves once the sun goes down. Flashlights will be needed because it will be dark out there. **Flashlights will not be provided. No parents are allowed on the course.**

7:45 pm – Kids ages 2-4yrs old

8:00 pm – Kids ages 5-12yrs old (Separate hunt areas)

Be sure to arrive 15 minutes prior to hunt for check-in.



Youth Spring Soccer Registration

4 Years old through 4th Grade
(must be 4 on or before April 1, 2023)

Register February 6-March 13

\$17.00 in district

\$27.00 out of district

Late registrations subject to availability. Waiting list will be available.

Register in person at 2032 South Lincoln, by phone at 324-3389 with a Visa or MasterCard or online at www.jeromerecreationdistrict.com



ST. PATRICK'S DAY CARDIO CHALLENGE



Repeat circuit 2-3 times through.

★ **WARM UP: 12 reps each side** ★

THE IRISH JIG: 20 seconds each side

Pick up your pace! Make sure to do both legs!

THE SHAMROCK SHUFFLE: 60 seconds

Stay low, but make sure to keep your chest lifted.

LEPRECHAUN RUN: 30 seconds

Rotate out from your hips, and lift your knees as high as you can!

"POT OF GOLD" JUMPS: 4 to 6 reps

Make sure to land toe to heel with soft knees.

"KISS ME, I'M IRISH" LUNGES: 6 to 8 times on each side

Try to "kiss" your feet in the air.



BONUS: ABS CHALLENGE: Repeat 6 to 8 times

"GOOD LUCK" HORSESHOE ABS

Squeeze feet together, abs tight & breathe!

Favorite Irish Sayings:

Firelight will not let you to read fine stories but it will warm you and you won't see the dust on the floor.

-Irish Proverb

May the road rise up to meet you.

May the wind be always at your back.

May a rainbow be certain to follow each rain.

May the rain fall softly upon your fields. And the sun shine warm upon your face.

Top of the mornin' to you....(and the rest of the day to 'me self!)

May there always be work for you to do.

May your purse always hold a coin or two.

May the sun always shine on your windowpane.

May the hand of a friend always be near you.

May God fill your heart with gladness to cheer you.



The Legend of the Rainbow

Long ago in Ireland, there was an elderly married couple. They were very poor, and mostly lived off the land. One day, the elderly couple was completely out of food and money. So, the man went to the nearby village to try to find some work, while his wife went to work in the garden.

Gardening was awfully hard for a woman of her age. She even struggled to pull a tiny carrot out of the ground. Just then, she heard a voice. "What are you doing?" the little voice said. "Who's that?" she asked, as she searched for the source of the voice. "Look down. I'm a leprechaun!" the voice said.

The old lady looked down at the hole in the ground where her carrot had been, and out jumped a leprechaun! The leprechaun brushed himself off, and headed for the couple's cottage.

The old woman followed the leprechaun inside. There she found him sitting on her table. The magical little man told her he had come to grant them one wish, anything they wanted. And with that he left.

Later that evening, the old man got back from his unfruitful day searching for work. The woman told her husband about her day, and the wish. The two talked all night, unable to decide which of their many needs should take precedence.

In the morning, after the couple's sleepless night, the leprechaun returned to grant the wish. He asked the couple what they'd decided for their one wish. But the couple couldn't choose. The wife asked for money first, gold and silver specifically. Then the husband asked for new tools, and a new house. The wife added that she'd like clothes and the finest jewelry. The leprechaun scoffed, and called the couple selfish. He went on to scold them further for their greed.

"For this, I will not grant any wish of yours. But, since you are in need, I will give you a hint. I have hidden a pot of gold at the end of the rainbow. All you have to do is find it."

With that, the couple left their little cottage and went to search for their pot of gold at the end of the rainbow.

It's safe to assume that they never found it. But that doesn't mean you can't look!



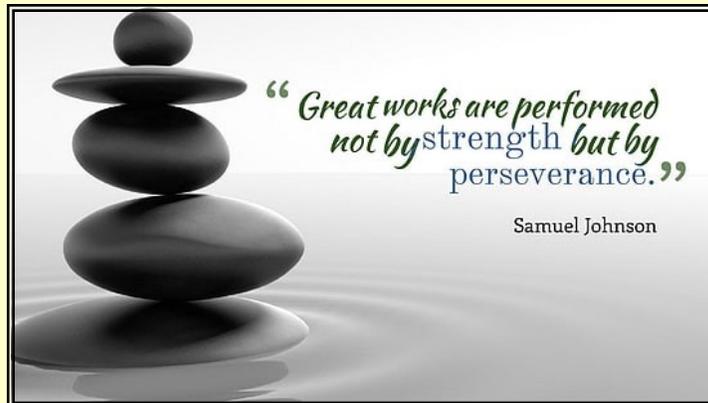
In Case You Are Wondering Why Stretching Is Important

It is for a number of reasons. One reason is that it improves your flexibility. It gives your joints a better range of motion, which can make your exercising more effective. If you are going to take the time to work out, why not make it as effective as it can be?

Stretching is also important because it reduces the risk of being injured and this applies not just when you are exercising but when you are doing other activities. So stretching can affect other things you do throughout the day. Finally, stretching helps to alleviate sore muscles which can be a real issue if you are using weights.

The importance of stretching in athletes is one of the most important parts of overall training. Flexibility training is perhaps the most undervalued component of conditioning. While recent and ongoing debate questions its role in injury prevention, athletes can still gain much from a stretching regime.

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flexibility of
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For those
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Even the active amongst us tend to leave stretching for the last minute or just rush it. Sport professionals tend to be a lot better at stretching as they have it drummed into them by their coaches. Why? Because they know if their players don't stretch they are more likely to pick up an injury and therefore not be eligible for selection.

A flexibility program can benefit any age group or activity level. The quality of everyday activities can be improved just by taking the time to stretch your muscles. Getting in and out of your car, reaching up to a shelf or reaching down to pick up something can all be improved.

A very easy way for people to find the time to stretch is to incorporate it into your strength workouts. Do your stretching during the rest time between your sets.

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ground ball,
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Recommended Stretching Exercises

Time: 8 minutes



You should not feel pain when stretching is the golden rule. You should stretch until you feel a stronger tension in the muscle being used, but it should not be painful. When there is pain, you are undoubtedly overstretching.

Colcannon Potatoes

Every Irish family has its own colcannon recipe....a classic potato and cabbage dish.

For part of your St. Patrick's Day dinner, try serving this dish along with lamb chops, carrots, and soda bread!



Ingredients:

- 1 medium head cabbage, shredded
- 4 lbs medium potatoes, peeled and quartered
- 2 c. whole milk
- 1 c. chopped green onions
- 1 1/2 tsp. salt
- 1/2 tsp. pepper
- 1/4 c. butter, melted
- Minced fresh parsley (optional)
- Crumbled cooked bacon

Directions:

Place cabbage and 2 cups water in a large saucepan. Bring to boil. Reduce heat and simmer, covered, about 10 minutes or until cabbage is tender. Drain. Reserve cooking liquid.

In same pan, combine potatoes and reserved cooking liquid. Add additional water to cover potatoes. Bring to a boil. Reduce heat and continue cooking potatoes until tender, 15-20 minutes.

In a small saucepan, place milk, green onions, salt and pepper. Bring just to a boil and remove from the heat.

Drain potatoes. Place in a large bowl and mash well. Add milk mixture. Beat just until blended. Stir in cabbage.

To serve, drizzle with melted butter and garnish with fresh parsley and crumbled bacon.

The word "colcannon" derives from the Gaelic term *cal ceannann*, which means "white-headed cabbage." In Ireland, during the 17th and 18th centuries, potatoes, cabbage, and leeks were considered foods of the common man. So it makes perfect sense that one of the country's most popular dishes would combine these ingredients. It's not uncommon to find a colcannon recipe printed on the back of a bag of potatoes in Ireland.

Just for Kids



Need:

1 paper plate cut in half

Cotton balls

Colored streamers

Glue

Dip ends of tissue paper in glue and arrange along cut edge of plate. Dip cotton balls in glue and arrange on plate. Let dry and hang.

Need:

Green sugar cookies or cookie coated in green sprinkles

Green tinted frosting

Brown and green M&M's or jelly beans (or rainbow colors)

Clear plastic drinking cup

Buckle shaped cardstock coated in gold glitter

Layer green and brown M&M's in cup. Coat rim of cup with green tinted frosting. Center sugar cookie on top of cup.

Flip cup upside down. Using frosting attach buckle to cup.



Need:

Cardstock

Froot Loops Cereal or Lucky Charms Cereal

Glue

Using the glue make lines in a rainbow shape starting at the bottom. Do only one row at a time. Place cereal on glue lines row by row to complete rainbow.



Need:

Cardstock or plain paper

Green paint

Green pepper with stem end sliced off

Dip pepper in green paint and make designs on cardstock or paper.



The Four-Leaved Clover.

I KNOW a place where the sun is
like gold,
And the cherry blooms burst with
snow,
And down underneath in the loveliest
nook,
Where the four-leaved clovers grow.
One leaf is for hope, and one is for
faith,
And one for love, you know,
And God put another one in for luck,
If you search you will find where
they grow.

But you must have hope, and you
must have faith,
You must love and be strong—
and so,
If you work, if you wait, you will find
the place,
Where the four-leaved clovers grow.