

JRD January Newsletter 2024

Thank You *Mahalo*
Kiitos
Tack *Toda*
Grazie **Thanks**
Takk **Gracias** **Merci**



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As we close up this year, the JRD would like to thank our community, JRD members, sponsors and dedicated volunteers that make this facility and all of our programs possible. We have been able to impact and educate our community in a positive way because of all your support. We look forward to another year of serving this community.

# Jerome Recreation District

## New Year's Special

### 3-month special

Available for purchase Dec 15, 2023 – Jan 15, 2024

(Membership Valid January 1 - March 31, 2024)

In district

out of district

Adult

\$59.64

\$69.64

Couple

\$91.04

\$101.04

Youth (age 13-17) \$35.70

\$45.70

Senior Citizen (age 55+) \$34.00

\$44.00

Family

\$119.08

\$129.08

(Dad, mom, and children who live at home and are under the age of 19)



# Cabin Fever Day



The schedule of activities for the 2024 City of Twin Falls' Cabin Fever Day on Saturday, Jan. 6 is available below. All activities are free to the public. For additional questions, please contact Twin Falls Parks & Recreation Office at 208-736-2265

|                                                            |                                                                                                  |                     |                                                                    |
|------------------------------------------------------------|--------------------------------------------------------------------------------------------------|---------------------|--------------------------------------------------------------------|
| Skateland - 2100 Kimberly Rd                               | Free Skating & Free Skates Rental                                                                | 9-1030AM            | Extra Fee:<br>\$2 Roller Blade Rental<br>\$5 for Skatemate Rentals |
| Magic Valley Bowhunters - 691 Hwy 30                       | Free archery (equipment available)                                                               | 10am-2pm            |                                                                    |
| Bowladrome - 220 Eastland Dr.                              | \$3.50/Game \$2 Shoe Rental                                                                      | 11am-5pm            | Limited Space                                                      |
| Twin Falls Golf Club - 545 Grandview Dr.                   | Free Driving Range and Free Putting Green                                                        | 12-2pm              | Weather Permitting                                                 |
| Herret Center - 315 Falls Ave                              | Free Solar Viewing Sessions<br>Free Planetarium Presentations<br>Reptile Education & Interaction | 11am-2pm            |                                                                    |
| Twin Falls City Pool-756 Locust St. N                      | Free Open Swim                                                                                   | 12-4pm              | Inflatable's                                                       |
| AWOL - TF City Pool -756 Locust St. N                      | Free Discover Scuba                                                                              | 8-11am              |                                                                    |
| Twin Falls City Pool - 756 Locust St. N                    | Free Aqua Board Strength Class                                                                   | 9-945am             | Yoga on the Water!!                                                |
| Twin Falls City Pool - 756 Locust St. N                    | Free Aqua Combat Class                                                                           | 10-1045am           |                                                                    |
| 4-H Open House - 630 Addison Ave W                         | Free Crafts, Games and Activities                                                                | 9am-12pm            | Location: University of Idaho TF County Ext. Office                |
| Children's Muesum of Magic Valley -<br>1550 Harrison St. S | Free Discovery and Create Activities                                                             | 9am-12pm            | Location: South Hills Middle School                                |
| Twin Falls Public Library - 201 4th Ave E                  | Free Story Walk in City Park                                                                     | 1-3pm               | Free Popcorn, Hot Chocolate & Hot Cider                            |
| Twin Falls Public Library - 201 4th Ave E                  | Movie Matinee                                                                                    | Movie starts at 3pm | Free Popcorn, Hot Chocolate & Hot Cider                            |

# **Youth Basketball @ the JRD**

**\$30 in district or \$40 out of district**



***Registration open until January 5th***

## **New League Format**

**(see JRD for more information regarding new format)**

**TEAMS: 1st-2nd grade boys and girls**

**OR**

**3rd-4th grade boys and girls**

**(boys and girls will have separate practice times and games)**

**Dates: January 13-February 17th**

**(games begin February 3rd)**

**Location: JRD Gym 1 and 2**

**Register on line at [www.jeromerecreationdistrict.com](http://www.jeromerecreationdistrict.com),  
in person, or by phone at 208-324-3389**



## Fresh Fruit Seasonal Specialties

Fresh grapefruit from California and Arizona are available all year. Several pink or red types are popular (Ruby/Marsh Ruby, Star Ruby, Rio Red), as well as the White grapefruit.

The flesh of the Grapefruit is sweet and juicy with a sour cherry aroma. Though the interior colors vary from white, to champagne, to deep red, Western grown grapefruit have a unique flavor profile based on the variety and region it is grown in. Look for grapefruit with firm, smooth skin.

Texas Rio-Star grapefruits are extremely juicy with a succulent tangy flavor and known for their thin skin and deep red flesh and sweet aftertaste.

They are available from mid-October through April.



### **Grapefruit Tips**

- ♥ A grapefruit half sprinkled with brown sugar and run under the broiler until bubbly makes a great breakfast treat.
- ♥ Let kids dip fresh segments into flavored yogurt for a healthy after-school snack.
- ♥ Grapefruit segments partner well with avocado over your favorite greens for a classic salad

### Oro Blanco

Oro Blancos are a cross between a white grapefruit and an acidless pummelo. Early in the season they can be readily identified by their bright green exterior. With this variety, green is good. As the season progresses, green turns to golden yellow. In either case the Oro Blanco is ripe, sweet, and ready to eat. Oro Blancos are as big or bigger than a medium sized grapefruit, generally round to flat round, with a slightly thicker rind than a grapefruit. The most notable characteristic of an Oro Blanco is the flavor. It eats sweet and the flesh lacks the bitterness sometimes associated with grapefruit. Those that have sampled them describe the flavor as a grapefruit with the sugar already added. Oro

Blancos are available from the end of October to mid April.



### .Sweetie

The Sweetie represents a new twist on citrus. This tasty cousin of the grapefruit is in peak season from mid-January to mid-March. Sweeties are golden yellow when fully ripe and are known for their very distinct sweet flavor, hence the name. Sweeties are an excellent source of Vitamin B1, which helps the body metabolize carbohydrates for energy. They make a refreshingly sweet, healthy snack and are great for adding flavor to salads and marinades.



### Pummelo

Pummelos, sometimes referred to as a "Shaddock" or "Chinese grapefruit", are botanically known as "Citrus Grandis", the largest citrus fruit. Pummelos closely resemble grapefruit. They grow to be as big or bigger than a grapefruit, have a thick yet smooth green to yellow skin (green is good), firm flesh and are generally round to pear shape. Pummelos commonly have from 16 to 18 segments, while most grapefruit have about 12 segments. Interior color will vary from white to deep pink. The taste of pummelo is unique, aromatic, sweeter and less acidic than grapefruit.

They have large segments that are firm & juicy. Pummelos are available from end of October to the beginning of April





### Minneola Tangelo

Minneolas are easily identified by the knob-like formation at the stem end. This fruit tends to grow large in size and will display a deep red-orange exterior color. They have a delicious tart-sweet flavor. Minneolas have a smooth to slightly pebbled texture, peel very easily, and have few if any seeds. Minneola Tangelos are available from mid December through April.

### Orlando Tangelo

This early maturing tangelo is noted for its juicy, mild, sweet flavor. Orlandos are flat-round in shape and larger in size. California/Arizona Orlandos have a slightly pebbled texture, good interior and exterior color, very few seeds and a tight fitting rind. Orlando Tangelos are available from mid November to the beginning of February.



### Moro Orange

Moro oranges are available from January through mid April. Moros are small to medium sized with a thin skin and few or no seeds. Slice open a Moro and you'll see a dramatic and beautiful bright red to deep maroon interior. Take a bite and you'll become a fan of the intense orange taste that hints of fresh raspberry.



*As nights get cooler, the Moro's exterior blush intensifies.*

### **Juicy Fact**

All oranges contain carotene — that's what makes them orange. Moros get their red color from high concentrations of a pigment called anthocyanin, a powerful antioxidant that neutralizes the effects of free radicals. Free radicals are the agents believed to be responsible for cancer, aging and other health ailments.

### **Moro Orange Tips**

- ♥ Enjoy Moros out of hand, use them for an interesting juice or showcase their jewel-like color in recipes.
- ♥ Toss slices or segments into salads, salsas and chutneys.
- ♥ The intense flavor of Moro oranges is wonderful with roasted or grilled meat and poultry.
- ♥ Melt a couple of tablespoons of orange marmalade in the microwave and tumble in one peeled, diced Moro orange for a quick and exotic sauce..

### Clementine/W. Murcott Mandarin/California Mandarin (Sunkist Smiles®)

These mandarins have a crisp apricot nectar flavor and a rich "raisin-y" aftertaste. They are medium-sized with a smooth, glossy exterior and deep orange, juicy interior. Seedless and easy to peel, Sunkist Smiles® clementines and mandarins continue to be a favorite treat for lunches, snacks, salads, and recipes. Their small size is big on flavor and convenience.



## **Winter Citrus Salad**

- 3 oranges, peeled and sectioned
- 1 grapefruit, peeled and sections cut away from membrane
- 2 tangerines, peeled and sectioned
- 1/2 c. chopped walnuts
- 1/2 of 1 lime, juiced
- 1/4 c. honey

Combine the orange, grapefruit, and tangerine sections in a bowl with the walnuts. Squeeze lime juice over the salad. Drizzle with honey. Stir to combine.



## **Spinach and Mandarin Orange Salad**



- 8 c. torn spinach
- 8 oz. fresh mushrooms, sliced
- 2-3 c. fresh mandarin orange sections
- 1/4 c. crumbled feta or blue cheese
- 2 T. roughly chopped pecans or walnuts
- 1/2 c. raspberry vinaigrette dressing

Place all ingredients except the dressing in a bowl. Toss to combine. Before serving drizzle with dressing.

## **Oranges with Honey and Cinnamon**

- 2 navel oranges
- 2 T. honey
- 2 tsp. cinnamon
- Mint leaves, optional

Peel the oranges and slice 1/4" thick. Place on serving platter. Mix honey and cinnamon in a small bowl. Drizzle over the oranges. Garnish with mint leaves.





# WINTER WONDERLAND COUNTDOWN WORKOUT

Instructions: Complete circuit 3 times through, resting 1 minute after each full circuit. Workout should last approx. 25 minutes.



50 Jump Squats  
40 Bicep Curls  
30 Lunge Kicks\*  
20 Push Ups  
10 Burpees



20 Alt. Renegade Rows  
30 Kettlebell Swings  
40 Tricep Dips  
50 Bosu Sit Ups



\*15 on each side

**SometimesHealthyLivingBlog.com**



# January 24th is Belly Laugh Day!!

## Laughter is the Best Medicine!



Humor is infectious. The sound of roaring laughter is far more contagious than any cough, sniffle, or sneeze. When laughter is shared, it binds people together and increases happiness and intimacy. Laughter also triggers healthy physical changes in the body. Humor and laughter strengthen your immune system, boost your energy, diminish pain, and protect you from the damaging effects of stress. Best of all, this priceless medicine is fun, free, and easy to use.

Laughter is a powerful antidote to stress, pain, and conflict. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. Humor lightens your burdens, inspires hopes, connects you to others, and keeps you grounded, focused, and alert.

With so much power to heal and renew, the ability to laugh easily and frequently is a tremendous resource for surmounting problems, enhancing your relationships, and supporting both physical and emotional health.

### Laughter is good for your health

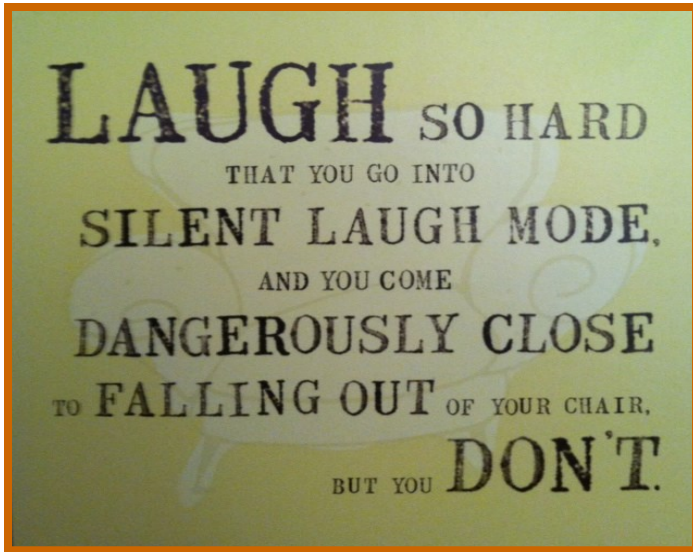
- **Laughter relaxes the whole body.** A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.
- **Laughter boosts the immune system.** Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.
- **Laughter triggers the release of endorphins,** the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.
- **Laughter protects the heart.** Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.

## Laughter and humor help you stay emotionally healthy

Laughter makes you feel good. And the good feeling that you get when you laugh remains with you even after the laughter subsides. Humor helps you keep a positive, optimistic outlook through difficult situations, disappointments, and loss.

More than just a respite from sadness and pain, laughter gives you the courage and strength to find new sources of meaning and hope. Even in the most difficult of times, a laugh—or even simply a smile—can go a long way toward making you feel better. And laughter really is contagious—just hearing laughter primes your brain and readies you to smile and join in the fun.

### The link between laughter and mental health



- **Laughter dissolves distressing emotions.** You can't feel anxious, angry, or sad when you're laughing.
- **Laughter helps you relax and recharge.** It reduces stress and increases energy, enabling you to stay focused and accomplish more.
- **Humor shifts perspective,** allowing you to see situations in a more realistic, less threatening light. A humorous perspective creates psychological distance, which can help you avoid feeling overwhelmed.

### The social benefits of humor and laughter

Humor and playful communication strengthen our relationships by triggering positive feelings and fostering emotional connection. When we laugh with one another, a positive bond is created. This bond acts as a strong buffer against stress, disagreements, and disappointment.

*Laughing with others is more powerful than laughing alone*

!

Shared laughter is one of the most effective tools for keeping relationships fresh and exciting. All emotional sharing builds strong and lasting relationship bonds, but sharing laughter and play also adds joy, vitality, and resilience. And humor is a powerful and effective way to heal resentments, disagreements, and hurts. Laughter unites people during difficult times. Incorporating more humor and play into your daily interactions can improve the quality of your love relationships—as well as your connections with co-workers, family members, and friends. Using humor and laughter in relationships allows you to:

- **Be more spontaneous.** Humor gets you out of your head and away from your troubles.
- **Let go of defensiveness.** Laughter helps you forget judgments, criticisms, and doubts.
- **Release inhibitions.** Your fear of holding back and holding on are set aside.
- **Express your true feelings.** Deeply felt emotions are allowed to rise to the surface.



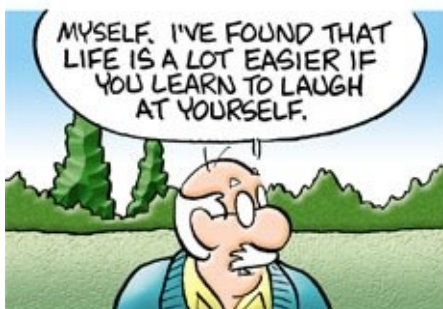
## Bringing more humor and laughter into your life

Laughter is your birthright, a natural part of life that is innate and inborn. Infants begin smiling during the first weeks of life and laugh out loud within months of being born. Even if you did not grow up in a household where laughter was a common sound, you can learn to laugh at any stage of life.

Begin by setting aside special times to seek out humor and laughter, as you might with working out, and build from there. Eventually, you'll want to incorporate humor and laughter into the fabric of your life, finding it naturally in everything you do.

Here are some ways to start:

- **Smile.** Smiling is the beginning of laughter. Like laughter, it's contagious. Pioneers in "laugh therapy," find it's possible to laugh without even experiencing a funny event. The same holds for smiling. When you look at someone or see something even mildly pleasing, practice smiling.
- **Count your blessings.** Literally make a list. The simple act of considering the good things in your life will distance you from negative thoughts that are a barrier to humor and laughter. When you're in a state of sadness, you have further to travel to get to humor and laughter.
- **When you hear laughter, move toward it.** Sometimes humor and laughter are private, a shared joke among a small group, but usually not. More often, people are very happy to share something funny because it gives them an opportunity to laugh again and feed off the humor you find in it. When you hear laughter, seek it out and ask, "What's funny?"
- **Spend time with fun, playful people.** These are people who laugh easily—both at themselves and at life's absurdities—and who routinely find the humor in everyday events. Their playful point of view and laughter are contagious.
- **Bring humor into conversations.** Ask people, "What's the funniest thing that happened to you today? This week? In your life?"





## Ways to help yourself see the lighter side of life:

- **Laugh at yourself.** Share your embarrassing moments. The best way to take yourself less seriously is to talk about times when you took yourself too seriously.
- **Attempt to laugh at situations rather than bemoan them.** Look for the humor in a bad situation, and uncover the irony and absurdity of life. This will help improve your mood and the mood of those around you.
- **Surround yourself with reminders to lighten up.** Keep a toy on your desk or in your car. Put up a funny poster in your office. Choose a computer screensaver that makes you laugh. Frame photos of you and your family or friends having fun.
- **Keep things in perspective.** Many things in life are beyond your control—particularly the behavior of other people. While you might think taking the weight of the world on your shoulders is admirable, in the long run it's unrealistic, unproductive, and unhealthy.
- **Deal with your stress.** Stress is a major impediment to humor and laughter.
- **Pay attention to children and emulate them.** They are the experts on playing, taking life lightly, and laughing.

As laughter, humor, and play become an integrated part of your life, your Creativity will flourish and new discoveries for playing with friends, coworkers, acquaintances, and loved ones will occur to you daily. Humor takes you to a higher place where you can view the world from a more relaxed, positive, creative, joyful, and balanced perspective.



**Laughter is the  
Best Medicine**

# Just For Kids

## Making Snow Much Fun!

Items needed:

Baking soda

Shaving cream

Bowl or baking sheet

Pour 1 cup of baking soda into a bowl or onto a baking sheet.

Add some shaving cream.

Use your hand to mix and knead the shaving cream with the baking soda.

Add more shaving cream and continue kneading until the mixture reaches the consistency of snow.

Ready for your snow to melt? Add some vinegar and watch the snow disappear!



How does a snowman  
get to work?  
By icicle!





## What are some great snow activities around Idaho?

10 Best Snowshoeing Trails in Idaho

[www.alltrails.com/us/idaho/snowshoeing](http://www.alltrails.com/us/idaho/snowshoeing)

Great Places for Snow Tubing

[visitidaho.org/things-to-do/snow-tubing/](http://visitidaho.org/things-to-do/snow-tubing/)

Take a Horse Drawn Sleigh Ride

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

Try a Hand at Ice Fishing

[idfg.idaho.gov/ice-fishing-where-go](http://idfg.idaho.gov/ice-fishing-where-go)

Want to Stay Warm after a Day of Snow Fun

[www.themandagies.com/backcountry-yurt-camping-idaho/](http://www.themandagies.com/backcountry-yurt-camping-idaho/)





## Wisdom for 2024

What will  
you do today  
that will  
make you  
proud in  
a year?

*"Success  
is liking yourself,  
liking what you do,  
and liking how  
you do it."*  
— Maya Angelou

**A day without  
laughter is a  
day wasted.**

Charlie Chaplin



*"One of the most important keys to  
success is having the discipline to do  
what you know you should do, even  
when you don't feel like doing it."*

**Sometimes**  
it is better to be  
kind than to be  
right. We do not  
need an  
intelligent mind  
that speaks, but  
a patient heart  
that listens.