

# SRC NEWSLETTER

SKAGWAY RECREATION CENTER (SRC)

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## Popcorn Lover's Day 2018 March 8, 2018



Popcorn Lover's Day is celebrated every year on the second Thursday in March. While Popcorn is commonly eaten in movie theaters, this snack is also very easy to make at home (see recipe below). Usually it is served salted, but sweetened corn has become more and more popular throughout North America with versions, such as caramel corn and kettle corn available as well.

Here at the Rec Center we like to use organic kernels (non GMO), organic coconut oil, and pink Himalayan sea salt to make this snack as tasty and healthy as possible. We use a traditional carnival popcorn popper to make it fun and festive as well as readily available for our various events and parties! **Stop by the Rec Center on Thursday, March 8 for a taste and help us celebrate this festive day! Popcorn will be available from 10am-7pm.**



If you can't make it and still want to indulge, here is a quick easy recipe to make some at home:

### Ingredients:

- Brown paper lunch bag
- Microwave
- 1/2 to 3/4 cup Popcorn Kernels
- Coconut or Olive Oil Cooking Spray
- Pink Himalayan Sea Salt

### Directions:

1. Put popcorn kernels in brown paper lunch bag.
2. Fold the bag closed at the top a couple of times making sure you leave plenty of room for the kernels to pop.
3. Microwave on high for 3-3 1/2 minutes or until you hear the popping of the corn slow down.
4. Remove from microwave and spray either coconut oil or olive oil cooking spray into the bag and salt to taste.
5. Close the bag, shake and enjoy!

## SPRING CLEAN SIMPLE DETOX CLEANSE

*Does the word detox make you nervous? It shouldn't! When a detox is done right, it's just another word to describe a diet rich in whole foods. By removing artificial flavors and chemical substances from your diet, you're helping prepare your body to live a healthier and more natural lifestyle.*

*Detoxes like this one can help you lose weight, treat acne and other skin conditions and more. Take the Oz-approved 3-Day Detox Cleanse this Spring and get started down the path to a healthier you. Reset your body with this detox cleanse from Dr. Oz!*



### SHOPPING LIST

<input type="checkbox"/> 3 cups Raspberries	<input type="checkbox"/> 3 Cucumbers	<input type="checkbox"/> Lavender Drops
<input type="checkbox"/> 3 cups Blueberries	<input type="checkbox"/> 1 cup Spinach	<input type="checkbox"/> Epsom Salt
<input type="checkbox"/> 2 Mangos	<input type="checkbox"/> 12 Stalks Celery	<b>SUPPLEMENTS</b>
<input type="checkbox"/> 1 Pineapple (or 3 cups)	<input type="checkbox"/> 2 liters Coconut Water	<input type="checkbox"/> Multivitamin
<input type="checkbox"/> 2 Green Apples	<input type="checkbox"/> 1.5 cups Almond Milk	<input type="checkbox"/> Omega 3
<input type="checkbox"/> 3 Bananas	<input type="checkbox"/> Cayenne Pepper Spice	<input type="checkbox"/> Probiotic
<input type="checkbox"/> 6 Lemons	<input type="checkbox"/> Ground Flaxseed (6 tbsp.)	
<input type="checkbox"/> 2 Limes	<input type="checkbox"/> Almond Butter (3 tbsp.)	
<input type="checkbox"/> 6 cups Kale	<input type="checkbox"/> Coconut Oil (3 tbsp.)	
<input type="checkbox"/> 1 Avocados	<input type="checkbox"/> Green Tea Bags (3 total)	
	<input type="checkbox"/> Stevia (3 tsp.)	

DAY 1	DAY 2	DAY 3
MORNING DETOX TEA 1 Green Tea, 1 Slice Lemon, 1 tsp. Stevia	MORNING DETOX TEA	MORNING DETOX TEA
BREAKFAST DRINK 1 Cup Water 1 Tbsp. Flax Seed 1 Cup Raspberries 1 Banana 1/4 Cup Spinach 1 Tbsp. Almond Butter 2 Tsp. Lemon	BREAKFAST DRINK	BREAKFAST DRINK
1/2 MULTIVITAMIN AND PROBIOTIC SUPPLEMENT	1/2 MULTIVITAMIN AND PROBIOTIC SUPPLEMENT	1/2 MULTIVITAMIN AND PROBIOTIC SUPPLEMENT
LUNCH DRINK 4 Celery stalks 1 Cucumber 1 Cup Kale Leaves 1/2 Green Apple 1/2 Lime 1 Tbsp. Coconut Oil 1/2 Cup Almond Milk 1 Cup Pineapple	LUNCH DRINK	LUNCH DRINK
1/2 MULTIVITAMIN AND OMEGA 3 SUPPLEMENT	1/2 MULTIVITAMIN AND OMEGA 3 SUPPLEMENT	1/2 MULTIVITAMIN AND OMEGA 3 SUPPLEMENT
SNACK: repeat favorite drink	SNACK: repeat favorite drink	SNACK: repeat favorite drink
DINNER DRINK	DINNER DRINK	DINNER DRINK 1/2 C Mango 1 Cup Blueberries 1 1/2 Coconut Water 1 Cup Kale 1 Tbsp. Lemon 1/4 Avocado 1/4 Tsp. Cayenne Pepper 1 Tbsp. Flax Seeds
DETOX ULTRA BATH 2 1/2 cups Epsom Salt, & 10 drops Lavender Oil	DETOX ULTRA BATH	DETOX ULTRA BATH

# International Day of Happiness & First Day of Spring 2018



**Tuesday, March 20th**

A profound shift in attitude is underway all over the world. People are now recognizing that “progress” should be about increasing human happiness and wellbeing, not just growing the economy.

March 20 has been established as the annual International Day of Happiness and all 193 United Nations member states have adopted a resolution calling for happiness to be given greater priority.

In 2011, the UN General Assembly adopted a resolution which recognized happiness as a “fundamental human goal” and called for “a more inclusive, equitable and balanced approach to economic growth that promotes the happiness and well-being of all peoples”.

In 2012 the first ever UN conference on Happiness took place and the UN General Assembly adopted a resolution which decreed that the International Day of Happiness would be observed every year on March 20. It was celebrated for the first time in 2013.

March 20, 2018 also just happens to be the first day of spring when our days start getting longer than our nights! And after a winter like ours we sure are “happy” to welcome the sun back into our lives and (hopefully) the warmer temperatures approaching.

But happiness is not just about the things happening around you, it is also about what is happening on the inside and your relations with others. We are a social species and we thrive when we’re closely connected to others. But modern society is leaving more and more people feeling disconnected, isolated or lonely.

The Rec Center is encouraging everyone to reach out to make new positive connections with others. It could be as simple as holding the door for someone at the post office, smiling and saying hello to a stranger, or just calling someone you might be a bit at odds with and making amends.

## Ten keys to happier living

- GIVING**  Do things for others
- RELATING**  Connect with people
- EXERCISING**  Take care of your body
- APPRECIATING**  Notice the world around
- TRYING OUT**  Keep learning new things
- DIRECTION**  Have goals to look forward to
- RESILIENCE**  Find ways to bounce back
- EMOTION**  Take a positive approach
- ACCEPTANCE**  Be comfortable with who you are
- MEANING**  Be part of something bigger

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