

SRC NEWSLETTER

Skagway Recreation Center (SRC)

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Is It Time To Take Life To The Next Level?

Adapted from Emotionally Resilient Living by Dena May

Sometimes in life, we find ourselves feeling an inexplicable restlessness or discontent with circumstances and relationships that seemed fine not so long ago. This can be pretty confusing, especially if you look around and realize how fortunate you are and that your life is actually pretty darn great just the way it is.

But if that stirring continues for any length of time it could well be your inner-self signaling that it's time to take life to the next level. The question is, will you pay attention to this urge to shake things up, or will you just ignore the pull?

Defining Your Next Level

The idea of taking your life to the 'next level' is highly subjective, so what that ultimately looks like will vary for each of us. It could mean improving the quality and depth of your relationships, finding a way to upgrade your environment, or getting serious about nurturing your health and well-being. Maybe you long to shift to a field of work that more closely aligns with your values.

The more self-aware you are, the easier it will be to identify the area that is tugging at you for attention. Regardless of the specifics, it's important to understand that truly leveling up your life is much more than making or breaking a habit or solving a problem; it's committing to raise the standards by which you live.

Creating a Foundation For Change

Choosing an area to change or improve your life may seem like the biggest hurdle, but the key to achieving your desire results is laying a foundation to grow from. Once you understand & embrace the following steps, you will find it much easier to create sustainable change in the future:

Understand Your Beliefs About Who You Are

We each have stories we tell ourselves and others about who we are, where we're from and where we're going. These stories run deeper than the roles you see yourself fulfilling in life-mother, daughter, worker, entrepreneur. They speak to how you see your true self as a functioning human being; and regardless of how true these stories may be, we are hard-wired to follow through on who we believe we are.

Consider someone who desires to establish basic personal boundaries and says to herself, "I'm going to do my best to learn to stand up for myself, but I've always been a people pleaser." It doesn't matter how hard she tries, as long as her identity is that she is a people pleaser, her efforts to change will be futile.

The strongest force in the human personality is the need to stay consistent with the stories we've created around who we believe we are, so anytime you want to make a lasting change you're going to have to start thinking of yourself in a way that aligns with the new reality you desire to create.

Challenge Your Limits

The limits you create in your head about what you are or are not capable of can keep you stuck in life that is smaller than you deserve, and make it much harder to develop confidence in your ability to change and grow.

Challenging your limits requires the willingness to face your fears and stretch yourself. The problem is that we humans have an undeniable attraction to "life hacks" – and pride ourselves in how creative we can get with the quick fix, do it now, fix it now, change it now, solve it now, learn it now, and let it go now solutions to life. The reality is that personal development, taking your life to the next level in order to achieve your full capacity as the amazing person that you are capable of becoming, is hard work. Ask yourself: How much work am I willing to put into this?

Whether we're talking mental, emotional or physical capacity, if you want to achieve your full potential it will take time and the willingness to keep stretching your limits by doing harder stuff.

Raise Your Standards

If there is only one commitment you could make beginning today that would take your life to the next level it would be to raise your personal standards.

Your standards play a critical role in determining the quality of virtually every aspect of your life. Are you habitually late? That means your personal standard is that it's acceptable to be late. If you regularly put the wants and needs of others ahead of your own, that means your personal standard is that it's acceptable to ignore your health and well-being.

Whatever the issue may be, to change an unacceptable behavior, you must establish a clear definition of your new standard so that you have a specific objective.

Once you have maintained a certain level for a while, then you can raise the bar a little more, until you reach your desired outcome. This process will work for you regardless of the standard you wish to change, but only if you are committed to taking consistent action.



APRIL: WHAT'S IN SEASON

JANUARY → COLORED IN = IN SEASON ← DECEMBER
 APRIL THIS MONTH!

BUY ORGANIC ORGANIC SUGGESTED FOR HIGHER RISK PRODUCE. SEE FOOTNOTE.



BLOOD ORANGES

PICK: HEAVY FOR SIZE = JUICIER
 STORE: COUNTER FOR A FEW DAYS
 FRIDGE FOR 2 WEEKS



GRAPEFRUIT

PICK: HEAVY FOR SIZE = JUICIER
 STORE: COUNTER FOR 1 WEEK
 FRIDGE FOR 3 WEEKS



CHERRIES

PICK: PLUMP, SHINY, FRESH STEMS
 STORE: PLASTIC BAG IN FRIDGE
 LAST FOR 1 WEEK



KUMQUATS

PICK: PLUMP, NO SHRIVLED SKIN
 STORE: COUNTER FOR A FEW DAYS
 FRIDGE FOR 3 WEEKS
 TIP: THE RIND IS EDIBLE & SWEET



MANDARINS

INCLUDES CLEMENTINES
 PICK: SLIGHTLY LOOSE SKIN
 STORE: COUNTER FOR A FEW DAYS
 LOOSE IN FRIDGE FOR 5 WEEKS



STRAWBERRIES

PICK: BRIGHT RED & BERRY-SCENT, GREEN/WHITE SKIN = DULL TASTE
 STORE: PAPER-TOWEL LINED TRAY
 IN FRIDGE, FOR A COUPLE DAYS



ARTICHOKES

PICK: TIGHT LEAVES & SQUEEZY
 WHEN SQUEEZED
 STORE: WRAP IN PAPER TOWEL, IN
 SEALED CONTAINER, IN FRIDGE
 LASTS 1 WEEK



ASPARAGUS

PICK: TIGHT, CLOSED BUDS
 STORE: IN GLASS WITH WATER ON
 COUNTER OR FRIDGE, 4 DAYS
 TIP: THICK STALKS TO ROAST &
 GRILL, THIN TO STEAM & SNACK



CELERY

PICK: FRESH LEAVES, CRISP STALKS
 STORE: WRAP TIGHT IN FOIL, IN
 FRIDGE TO LET ETHYLENE ESCAPE
 LASTS 3+ WEEKS



CELERY ROOT

PICK: HEAVY FOR SIZE = FRESH
 & NOT DRIED OUT
 STORE: FRIDGE FOR 1+ WEEKS
 TIP: SPONGY CENTER? CUT
 AROUND IT



PEAS

SUGAR SNAP, SNOW & SHELLING
 PICK: PLUMP, NO SHRIVELING,
 WHITE SCARRING IS OK.
 STORE: PLASTIC BAG IN FRIDGE,
 FOR A FEW DAYS TO 1 WEEK



RHUBARB

PICK: CRISP STALKS, ENDS AREN'T
 DRIED OUT
 STORE: PLASTIC BAG IN FRIDGE
 LASTS FOR 1-2 WEEKS
 TIP: CONSIDER REPLACING TART
 APPLES IN RECIPES WITH RHUBARB

IN-SEASON YEAR-ROUND

FRUITS: AVOCADOS, LEMONS & LIMES

VEGETABLES: BEETS, BROCCOLI, CABBAGE, CARROTS,
 CAULIFLOWER, FENNEL, GARLIC, HERBS, MUSHROOMS,
 ONION-FAMILY, POTATOES, RADISHES, SWEET POTATOES,
 TURNIPS, SALAD GREENS AND HERBS

COMING UP IN MAY

APRICOTS, NECTARINES, PEACHES AND PLUMS
 BLACKBERRIES, BLUEBERRIES AND RASPBERRIES

FOR MORE INFO VISIT: ASKTHEFOODGEEK.COM/IN-SEASON
 INCLUDING DATA ON YEAR-ROUND VEGETABLES AND IN-SEASON RECIPES

BUY ORGANIC TAGS:

PRODUCE WITH MEDIUM RISK ARE TAGGED AS "ORGANIC IF POSSIBLE" AND HIGH/VERY HIGH IS TAGGED AS "BUY ORGANIC."
 LOW = ALMOST EQUAL TO ORGANIC LEVELS. MEDIUM = 5-10 SERVINGS IN A DAY. EXCEEDS "REASONABLE CERTAINTY OF NO HARM" LEVELS.
 HIGH = 1-5 SERVINGS IN A DAY. VERY HIGH = 1 SERVING IN A DAY

BASED ON THE CONSUMER REPORTS ANALYSIS OF THE PESTICIDE LEVELS & TOXICITY TEST RESULTS CONDUCTED BY THE EPA.

SEASONALITY BASED MOSTLY ON WEST COAST SEASONS. (VISIT WEBSITE FOR ADDITIONAL INFO)

Annual Spring Community Sale

Saturday, April 28: 10am-5pm

Sunday, April 29: 1pm-3pm

Donations for the sale will be accepted starting at 5pm on Sunday, April 22.

We will stop taking donations at NOON on Friday, April 27.

We are only accepting items in good or excellent condition. All donations must be inspected by a staff member.

Staff members have the right to turn away any donation not deemed acceptable which includes but is not limited to the following:

- TELEVISION SETS
- STEREO SYSTEMS
- COMPUTERS
- PHONE SYSTEMS
- WIRE HANGERS
- SMELLY, STAINED OR TORN CLOTHING AND LINENS
- OLD WORNOUT FOOTWARE- ALL FOOTWARE MUST BE IN EXCELLENT CONDITION- BARELY USED OR NEW
- ITEMS WITH MISSING PIECES OR PARTS
- PRINTERS AND INK CARTRIDGES

VOLUNTEERS ARE NEEDED TO HELP SET UP AND TAKE DOWN THE SALE- MUST SIGN UP AT FRONT DESK OR CALL 983-2679

GET A FREE ONE MONTH MEMBERSHIP FOR HELPING WITH SALE BREAK DOWN ON SUNDAY 3-6 PM—LIMITED TO 5 SO SIGN UP EARLY!

Skagway Recreation Center

Main and 13th Avenue PO Box 868

Skagway, AK 99840

907.983.2679 phone

www.skagwayrecreation.org

FULL TIME STAFF

Katherine J. Nelson, Director

k.nelson@skagway.org

Dena May, Recreation Worker

d.may@skagway.org

Elizabeth Tyson, Recreation Worker

j.tyson@skagway.org

KayLynn Howard, Rec Center Assistant

k.howard@skagway.org

ADVISORY BOARD MEMBERS

Cory Nelson Mary Thole Jason Verhaege

Jennifer Hayes Jamie Lawson

Orion Hanson-Ex Officio