

# SRC NEWSLETTER

SKAGWAY RECREATION CENTER (SRC)

VOLUME 12 ISSUE 7

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## There's Magic In Your Smile

Adapted by  
Psychology Today

*"Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy." ~ Thich Nhat Hanh*

Scientists and spiritual teachers alike agree that the simple act of smiling can transform you and the world around you. Current research (and common sense) shows us that a smile is contagious. It can make us appear more attractive to others. It lifts our mood as well as the moods of those around us. And it can even lengthen our lives.

Each time you smile, you throw a little feel-good party in your brain. The act of smiling activates neural messaging that benefits your health and happiness. Smiling activates the release of neuropeptides that work toward fighting off stress. These peptides are tiny molecules that allow neurons to communicate. They facilitate messaging to the whole body when we are happy, sad, angry, depressed, and excited. The feel good neurotransmitters dopamine, endorphins, and serotonin are all released when a smile flashes across your face. This not only relaxes your body, but it can lower your heart rate and blood pressure.

You're better looking when you smile! When you smile, people treat you differently. You're viewed as attractive, reliable, relaxed, and sincere.

Smiles are contagious! If you find yourself smiling at someone, it's likely they can't help

but smile back. If they don't, they're making a conscious effort not to. Looking at the bigger picture, each time you smile at a person, their brain coaxes them to return the favor. You are creating a symbiotic relationship that allows both of you to release feel good chemicals in your brain, activate reward centers, make you both more attractive and increase the chances of you both living longer, healthier lives.

Your smile is something that should be worn often, so make it a priority to surround yourself with people, places and things that brighten your day. Vow to be the positive, happy person in your group of friends. Watch funny programs, and read funny books often; and be sure to look people in the eye and show them your pearly whites. The world is simply a better place when you smile.

Contributed by Dena May

OPEN WEDNESDAY JULY 4TH  
10AM-8PM



**Weight Room**  
**Cardio Floor**  
**Rock Wall**

Scheduled Activities:

10-11:15am: Back & Hip Yoga

11am-3pm: Crew Basketball

6:30-8pm: Acro Jam—Self Led



**HAPPY**  
**INDEPENDENCE**  
★ **DAY** ★

How to achieve

# A SUGAR FREE DIET

## STEPS TO EATING LESS SUGAR



and gain these health benefits



- 1. LESS BODY FAT
- 2. MORE ENERGY
- 3. WEIGHT LOSS
- 4. HELPS ASTHMA

GENERAL HEALTH



- 1. BETTER SLEEP
- 2. BETTER MOOD
- 3. CLEARER SKIN

GENERAL WELLBEING



- 1. SHAKING
- 2. ANGER
- 3. HEADACHES
- 4. FATIGUE

POSSIBLE WITHDRAWAL SYMPTOMS



Check food labels!

Make homemade food

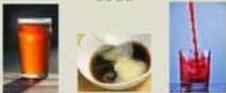
- 1. ELIMINATE JUNK FOOD
- 2. REDUCE GLYCEMIC FRUIT
- 2. EAT LOW GLYCEMIC FRUIT
- 3. MAKE HOMEMADE SAUCES
- 4. CONSUME LEAN PROTEIN
- 5. MAKE OWN FRUIT JUICES
- 6. DRINK WATER & TEA
- 7. EAT NUTS FOR NUTRIENTS
- 8. ADD NO SUGAR TO CEREAL
- 9. 1/2 SUGAR IN RECIPES
- 10. UNSWEETENED YOGURT
- 11. EAT WHOLEGRAIN

## STEPS TO TAKE



Sugary Drinks

- Alcohol
- Fruit juices
- Sweetened hot drinks
- Soda



SUGAR!

- White
- Brown
- Raw
- Coconut sugar
- Maple syrup
- Date sugar

Ready made Sauces & Dressings

- Salad dressings
- Marinades
- Jars of sauces



## CUT OUT THESE FOODS



Half a banana a day is ideal



High glycemic fruits such as Cherries, Mango & Grapes



ARTIFICIAL SWEETENERS!

- Aspartame
- Saccharin
- Sucralose

Less Dairy - Milk, yogurt & Cheese



## LIMIT THESE FOODS

WWW.CALMHAPPYHEALTHY.COM

In this hectic day and age we often forget the simple things in life that make our world a much more pleasurable place to live. Recently I came across some inspirational reminders that will hopefully be uplifting words of wisdom to you as well!

1. Give people more than they expect and do it cheerfully.
2. Don't believe all you hear, spend all you have or sleep all you want.
3. When you say, 'I love you', mean it.
4. When you say, 'I'm sorry', look the person in the eye.
5. Believe in love at first sight.
6. Never laugh at anyone's dream.
7. Love deeply and passionately. You might get hurt but it's the only way to live life completely.
8. In disagreements, fight fairly. No name calling.
9. Don't judge people by their relatives.
10. Talk slowly but think quickly.
11. When someone asks you a question you don't want to answer, smile and ask, 'Why do you want to know?'
12. Remember that great love and great achievements involve great risk.
13. Say 'bless you' when someone sneezes.
14. When you lose, don't lose the lesson.
15. Remember the three R's: Respect for self; Respect for others; and Responsibility for all your actions.
16. Don't let a little dispute injure a great friendship.
17. When you realize you've made a mistake, take immediate steps to correct it.
18. Smile when picking up the phone. The caller will hear it in your voice.
19. Spend some time alone.
20. Marry a man/woman you love to talk to.

*Katherine Nelson, SRC Director*

## The Skagway Recreation Center

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