

# SRC NEWSLETTER

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SKAGWAY RECREATION CENTER (SRC)

## Summer Trail Program Wrap-Up



The idea to re-jump start the trail education program came about in April when the days started getting longer and the weather got brighter. There's something so inviting about the outdoors when you can feel the sun's warmth on your face and the thaw from winter. It motivates you.

My intent with this program was to help people feel confident in nature and make new connections in the process. When you're out on the trails everybody bonds and helps each other succeed. On our hike to *Lost Lake*, a steep upward climb, the camaraderie I witnessed was inspiring. Despite the varying speeds and skill levels we all worked together to make sure each participant made it to the top, encouraging each step up the hill.

Our attendance varied from 4 to 11 people on the hikes. With the busiest tourist season on record in Skagway I am proud of how many took the time to come out. Every one constantly has obligations pulling at them, it's not always easy to make time to get outdoors – but those who do reap the health benefits of mother nature. I believe in the healing powers of wilderness, and here in Skagway we are lucky to have these recreation opportunities

outside our backdoor. If only 1 person walked away feeling as though they gained something then this program was a success.

The proudest moment came when Karen, a participant who attended nearly every hike, told me at the start of the program she was not comfortable going hiking alone, but by September she had completed the SRC & Duff's Trail Challenge! This was all her determination, the trail program just provided the opportunity to begin.

Another proud moment came at the end of the season, our trail clean sweep hike to *Upper Dewey* yielded an estimated 25 pounds of garbage being collected from the trails and both cabins. This serves as a reminder to us all to practice **Leave No Trace Principles**.

Thank you to all who came out this season, I can't wait until next summer to start again!  
–KayLynn Howard



***“Thousands of tired, nerve-shaken, over-civilized people are beginning to find out that going to the mountains is going home; that wildness is a necessity”***

–John Muir



# Great American Smoke Out

Thursday, November 15th

According to the American Cancer Society, here are a few of the benefits of quitting:

Within:

## 20 Minutes

Blood pressure decreases, and the pulse slows to its normal rate. Temperature in the hands and feet increases to normal.

## 8 Hours

Carbon monoxide level in the blood drops to normal, and oxygen level increases.

## 24 Hours

Breath, hair and body stop smelling like smoke. The chance of having a future heart attack starts decreasing.

## 48 Hours

Damaged nerve endings begin to recover. As a result, sense of taste and smell begin to improve.

## 72 Hours

The body is virtually free of nicotine. The bronchial tubes relax, making it easier to breathe.

## 2 Weeks to 2 Months

The lungs can hold more air. Exercise becomes easier. Circulation improves.

## 1 Month to 9 Months

Coughing, congestion, fatigue, and shortness of breath decrease. Cilia are better able to clean lungs and prevent infection. Overall energy increases.

## 1 Year

The risk of coronary heart disease is cut in half.

## 5 Years

The risk of having a stroke is reduced to that of a nonsmoker.

## 10 years

The risk of developing lung cancer is cut in half. The risk of other cancers decreases significantly.

## 15 years

The risk of coronary heart disease drops, usually to the level of a nonsmoker.

**Did you know smoking a pack-a-day costs approximately:**

1 day - \$9.50 = Lunch

1 week - \$67.00 = Night Out

1 year - \$3,468 = Trip to Europe

10 years - \$34,680 = New Car

20 years - \$69,360 = College Education



Which one is the deadliest killer?

Without a doubt, it's the cigarette. In the time it takes to read this ad, cigarettes will have killed another person. That's one death every 6.5 seconds.

# Rec Center Holiday Hours

<b>Veteran's Day</b> (Sunday, November 11):	OPEN
<b>V. Day Observed</b> (Monday, November 12):	OPEN
<b>Thanksgiving</b> (Thursday, November 22):	CLOSED
<b>Day after TG</b> (Friday, November 23):	9-2
<b>Santa Train</b> (Saturday, December 8):	CLOSED
<b>Christmas Eve</b> (Monday, December 24):	5:30-5:30
<b>Christmas Day</b> (Tuesday, December 25):	CLOSED
<b>Day after XMAS</b> (Wednesday, December 26):	10-3
<b>New Year's Eve</b> (Tuesday, December 31):	5:30-5:30
<b>New Year's Day</b> (Wednesday, January 1):	10-3

## The Skagway Recreation Center

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