

SRC NEWSLETTER

VOLUME 12 ISSUE 2

FEBRUARY 2019

SKAGWAY RECREATION CENTER (SRC)

SELF CARE

SATURDAY'S AT THE REC CENTER
2nd AND 4th SATURDAY IN
FEBRUARY (Feb. 9 & 23)

30min. Mat Work: All Level Pilates.

30min. Yoga: All Level Back/Hip Focus

25min. Organic Face Mask w. Restorative

10min. Gua Sha Face Massage w. Jade Stone

25min. Organic Hand/Foot Scrub w. Restorative

Time: 11am-1pm

Location: Skagway Recreation Center GFR

***Cost: \$20 PER PERSON**

*TO KEEP COST LOW PARTICIPANTS MUST BRING THE FOLLOWING:

- 3 HAND TOWELS
- 1 BATH TOWL
- BAG FOR SOILED TOWELS
- EXTRA LAYERS FOR WARMTH

LIMITED TO 8 PARTICIPANTS

REGISTRATION PACKET AVAILABLE AT FRONT DESK

INGREDIENT LIST PROVIDED AT REGISTRATION

ALL KNOWN ALLERGIES MUST BE INDICATED

Are you looking for a fun, therapeutic, stress-relieving way to be creative but think you have no artistic talent? Then acrylic pouring may be your next new hobby!

Join Skagway Recreation Center staff learning the most basic techniques of Acrylic Pouring and take home 4 beautiful handmade cold beverage coasters created by you.... to keep for yourself or give as a gift.



Sign Up Required.

Space is Limited to 4 per class.

COST: \$35

Saturday, February 2: 11am-1pm

Monday, February 4: 1-3pm

Skagway Recreation Center (SRC)

Winter Ski/Snowshoe Challenge

December 15, 2018 - April 1, 2019



Registration forms are available at the Skagway Recreation located on the online at www.skagwayrecreation.org. We would love to see your photos so please send them to us at reccenter@skagway.org. Please drop off your completed registration form to the Skagway Recreation Center no later MARCH 30, 2019. All participants completing the Explorer, Advanced, or Expert Adventure will have the chance to win a one night stay at Log Cabin. Winner will be announced Monday, April 2nd. Participation in this event is at your own risk! Please be responsible and always carry extra food, water, layers for warmth, a shovel, probe, beacon, and use the buddy system by telling someone where you are going and when you will be back. Enjoy!

HOLIDAY HOURS

OPEN 7AM-3PM PRESIDENT'S DAY

MONDAY, FEBRUARY 18

CLASS SCHEDULE

7:30-8:30am: SpinFLEX

10-11:30am: Restorative Yin Yoga

12-12:45pm: Group Cycling - ALL LEVEL



FOOD COMBINING MADE SIMPLE



For many, the typical US diet can be overstimulating on the digestive system and hard on the stomach. If you are looking to improve nutrient uptake, experience better elimination and feel better in general, consider trying some simple food combining rules.

The idea of food combining is based on the principle that fruits, proteins and starches digest at different speeds. Improper food combining may cause gas, indigestion, bloating, weight gain and may even hasten the process of aging.

1. Fruit Alone or With Leafy Greens

Fruit is a food that digests best alone or with leafy greens. Abundant in nutrients, anti-oxidants, and water, fruit is an excellent snack that is easily digested by the human body but should ideally be eaten alone or mixed in a salad and avoid combining sweet fruit with acidic fruit.

2. Protein and Starches DO NOT Mix

It is common to eat meat and potatoes or chicken with rice but unfortunately this is one of the worst food combinations you can choose. Because the human body requires an acid base to digest proteins and an alkaline base to digest starches, this can lengthen the time of digestion and cause fermentation in the gut which can lead to bloating and indigestion.

To correct this, it is best to eat proteins with non-starchy vegetables, especially leafy greens like a large salad with salmon and steamed vegetables. Starches can be consumed on their own or with other vegetables, but not with protein. For example spinach rice pilaf or mushroom risotto alone or with steamed vegetables. Add a salad any you have a great meal!

3. Eat Melon Alone

For optimal digestion, melons should be consumed alone and on an empty stomach. That is because they digest completely different than other fruit. Melons cannot enter into the small intestine until any other food in the stomach is digested and can ferment causing gas, bloating and indigestion.

4. Leafy Greens- No Boundaries

Leafy greens are one of the best foods for humans. Loaded with amino acids (building blocks of protein), essential minerals and nutrients (B vitamins, magnesium, iron, and more!), and fiber (great for digestion), they combine well with all foods, and therefore should make a regular appearance on your plate. A salad is a great addition to every meal and the live enzymes will help your other food digest smoothly.

5. Fat

While fats and oils combine well with everything (except fruit), they should be used in moderate amounts as they are very calorie dense and slow down digestion. Therefore, save your hearty meal with higher fat contents for early dinner or allow

your body at least 4-5 hours to digest a lunch or early dinner higher in fat before feasting again.

6. Time Lengths

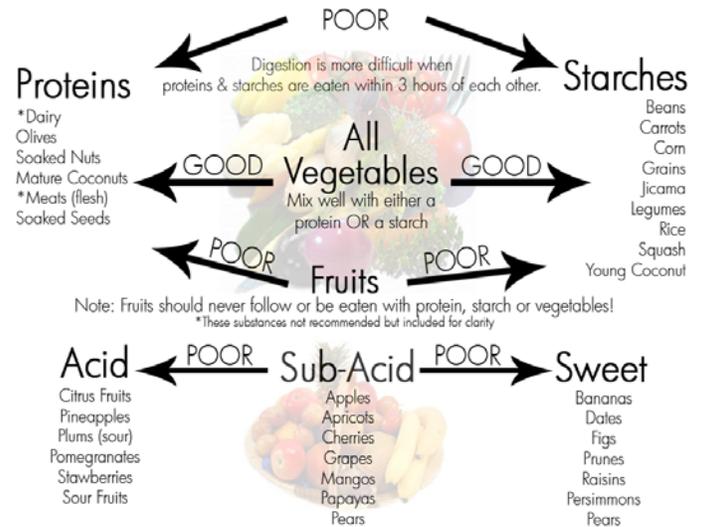
Because foods digest at different rates, you can lessen the taxation on your body by waiting until the previous food has exited the stomach and is being digested in the intestines. Ideally wait the following amount of time between foods that don't combine:

- 2 hours after eating fruit
- 3 hours after eating starches
- 4 hours after eating protein

The following food combining chart provides a very basic visual representation of the rules listed above.

Remember that everyone is different so if you are feeling sluggish why not give it a try? It might change your life!

Proper Food Combining Chart



The Skagway Recreation Center

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