

SRC NEWSLETTER

Skagway Recreation Center (SRC)

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Skagway Summer Camp FAIR DAY!



TUESDAY

JULY 16

11AM-1PM



FEATURING:

CARNIVAL FOOD FOR SALE:

Cotton Candy, Hot Dogs, Popcorn, Taffy

CARNIVAL GAMES & PRIZES

BOUNCY HOUSE

ROCK CLIMBING

WATER BALLOON TOSS

POP THE BALLOON RACE

EGG AND SPOON RACE

RHUBARB CRISP BAKING CONTEST

RUBBER DUCKY GAME

BEAN BAG MONSTER TOSS

CIRCUS PERFORMANCE

AND MORE!

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...with a smile!
2. Don't believe all you hear.
3. When you say, 'I'm sorry', look the person in the eye.
4. Never laugh at anyone's dream.
5. Love deeply and passionately.
6. In disagreements, fight fairly.
7. Don't judge people by their relatives.
8. When you lose, don't lose the lesson.
9. Remember the three R's: Respect for self; Respect for others; and Responsibility for all your actions.
10. Don't let a little dispute injure a great friendship.
11. When you realize you've made a mistake, take immediate steps to correct it.
12. Smile when picking up the phone. The caller will hear it in your voice.
13. Choose your friends wisely—hang out with people that elevate you.
14. Do no harm...be aware of how you are creating in this world and walk with the divine.

Katherine Nelson, SRC Director

CLOSED THURSDAY, JULY 4TH

**HAPPY
Independence
Day** USA

15 Healthstyle Tips To Keep You Young



EAT RAW FRUITS AND VEGETABLES There is good evidence that oxidative damage caused by toxins and metabolism contributes to the aging process at a cellular level. Foods (but not supplements) high in antioxidants seem to protect us from oxidative stress.

AVOID SUGAR Sugar is a direct cause of aging and significantly reduces lifespan in organisms from yeast to primates. Not by a small amount either.

MOISTURIZE The appearance of your skin is largely dependent upon moisture. Help it out by using moisturizers to keep your skin soft and hydrated. Use natural organic!

SLEEP Your body needs to repair physically and mentally. Proper rest is detrimental for this to happen.

EAT WILD PACIFIC SALMON Studies suggests that the omega-3 fatty acids found in fish are particularly beneficial to the skin and overall health.

WEAR SUNSCREEN UV radiation from the sun damages your skin and promotes aging.

DON'T SMOKE Smoking is one of the easiest ways to look older than you really are and shorten your life at the same time. Avoid both primary and secondary smoke like the plague.

TAKE VITAMIN D Some research suggests that vitamin D may be particularly important in slowing the aging process. The jury is still out on the value of vitamin D supplements for aging, but they seem to have enough other benefits that it's worth the investment.

STAY HYDRATED Your skin is very sensitive to water levels. Stay hydrated by sipping water and eating fruits and vegetables like watermelon and cucumber throughout the day.

EAT BEANS AND LENTILS Legumes are a fabulous source of minerals that can help keep your skin hydrated and looking young.

DRINK TEA Organic tea is full of antioxidants and other cancer-fighting compounds.

EXERCISE Cardio, strength, flexibility and balance training is important for good health as well as keeping you energized, mobile, and fit. Move it or lose it.

DON'T STUFF YOURSELF Cutting back on calories is the single most effective way to slow aging and extend life. Don't starve yourself— just avoid overeating in any situation.

AVOID PROCESSED FOOD Processed meats are associated with many different health problems in humans and processed carbohydrates are a direct cause of aging and disease.

LIMIT ALCOHOL TO RED WINE IN MODERATION Organic red wine has a powerful anti-aging compound in it known as resveratrol. Though it is unlikely that the dosage of resveratrol in red wine is high enough to impact lifespan, drinking red wine in moderation is also associated with decreased risk of heart disease and other vascular problems.

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