

SRC NEWSLETTER

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SKAGWAY RECREATION CENTER (SRC)

The 51st Anniversary of Earth Day

April 22, 2021 will mark the 51st anniversary of Earth Day. Typically, Earth Day is assigned a different theme or area of focus each year. This year's theme is "**Restore Our Earth.**"



Ever wonder how Earth Day began? The first Earth Day was held on April 22, 1970, when San Francisco activist John McConnell and Wisconsin Senator Gaylord Nelson separately asked Americans to join in a grassroots demonstration.

Dealing with dangerously serious issues concerning toxic drinking water, air pollution, and the effects of pesticides, an impressive 20 million Americans ventured outdoors and protested together.

President Richard Nixon then led the nation in creating the Environmental Protection Agency, which followed with successful laws including the Clean Air Act, the Clean Water Act, and the Endangered Species Act. McConnell originally had chosen the spring equinox (March 20, 1970), but Nelson chose April 22, which ended up becoming the official celebration date.

Today, not only is Earth Day a day meant to increase awareness of environmental problems, but also it is also becoming a popular time for many communities to gather together to clean up litter, plant trees, or simply reflect on the beauty of nature.

There are many ways to Celebrate Earth Day in Skagway this year!

- 1. CLEAN SWEEP: SATURDAY, APRIL 17**
Join the community on cleaning up the whole town! Sponsored by the Skagway Chamber of Commerce. Call 907-983-1898 for more info!
- 2. FRUIT AND NUT TREE INITIATIVE**
Plant a tree! The MOS is sponsoring another tree planting program. Applications are online at www.skagway.org. Deadline to apply is 5:00 p.m., Friday, May 28, 2021. and trees must be planted by Friday, June 4, 2021.
- 3. HIKE TO THE POINT AND REFLECT**
Enjoy the beauty of nature right here in town!

DETOX LEMONADE

This Homemade Detox Lemonade Cleanse recipe is the perfect beverage to make it through a cold and snowy spring in Skagway. It tastes great, is super simple, and will help get you ready for summer!

Ingredients

- 1 cup lemon juice
- 2 tablespoons organic honey
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon ground ginger
- 4 cups hot water



Instructions

In a glass jar, combine the lemon juice, honey, and spices. Pour in hot water and stir until all ingredients are combined. Drink warm or cold throughout your day.

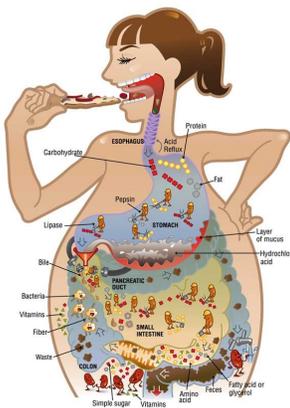
Nutrition

Calories: 184kcal | Carbohydrates: 52g | Protein: 1g | Sodium: 4mg | Potassium: 251mg | Sugar: 40g | Vitamin A: 210IU | Vitamin C: 94.5mg | Calcium: 15mg |

Digest This PART 2

I am not a doctor; I am not particularly well educated in medical science and I am not giving advice. I am sharing information off the internet that I think is helpful, information that has been significant for me, and hopefully sharing the information in a way that is easy to...digest

Why is good digestion and a healthy gut microbiome important? Digestion refers to the breaking down of food for absorption into the body. Gut microbiome refers to the microorganisms living in your intestines. It's about what's from your mouth to your anus and everything in between...now that I have your attention!

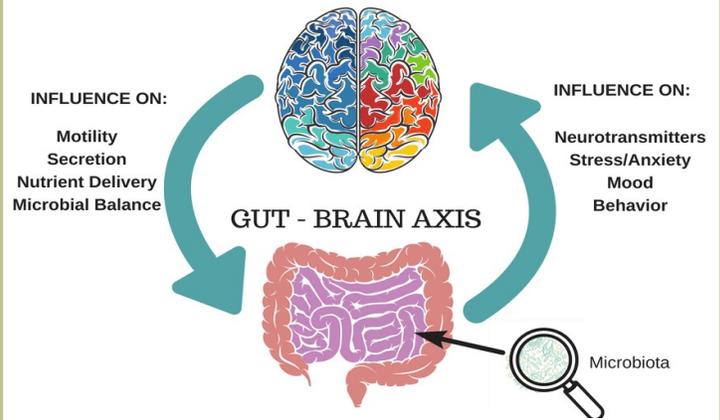


The majority of our immune system tissue resides in the gut. Even Hippocrates was quoted as saying that, “All disease begins in the gut.” Research is continually finding links between an unhealthy gut and the possible increase in systemic inflammation, often leading to uncountable ailments, includ-

ing autoimmune diseases. **“...when the gut isn’t functioning properly, our ability to fend off illness falters, too.”** Dr. Rawls. Studies now show that up to 90% of all diseases can be traced back to the gut microbiome.

If you cannot efficiently absorb nutrients from your food, even a nutrient rich diet isn’t going to help you maintain good health.

The gut and the brain have a powerful connection, mood and even mental health issues of anxiety and depression are strongly linked to the health of the gut. Gut-friendly bacteria are helpful neurotransmitters and contribute to your own ability to balance moods and tendencies for depression and anxiety. One study I read by Frontiers in Psychiatry stated the importance of regulating, “a normal gastrointestinal microecological environment in patients when treating mental disorders.”



There is significant research that suggests that the powerful connection between gut and brain, called the microbiome-gut-brain-axis, affects mood and mental states in part due to the connection of the gut microbiome on insomnia. Healthy digestion can be the root of sleep disorders and in turn, sleep disorders affect the health of your gut.

Above, I have outlined what I think are the most important factors of having a healthy digestive system and gut microbiome. In my next article I will go over symptoms of an unhealthy gut and ways to improve the health of your digestion and gut.

Resources:

- https://sagewellnessctr.org/blog/f/all-disease-begins-in-the-gut-hippocrates?gclid=Cj0KCQIA962BBhCzARIsAIPWEL2Ookdk42J1FVDJGXGFkV5ravTZAwOd0vm0Bnl_hgO2oYqXiENL1LaAijFALw_wcB
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3983973/>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3448089/>
- <https://rawlsmd.com/health-conditions/digestive-health>
- <https://rawlsmd.com/health-articles/restorative-therapies-for-a-happy-healthy-gut>
- <https://www.clinicsandpractice.org/index.php/cp/article/view/987>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6290721/>
- <https://www.everydayhealth.com/digestive-health/link-between-your-gut-microbiome-and-your-health/>

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