



EDWARDSVILLE YMCA
 Niebur (Esic) Center
 Meyer Center
 Allison Cassens Early Childhood
 Development Center
www.edwardsvilleyymca.com

A Monthly Newsletter For Our Members

Issue 15 | September 2019

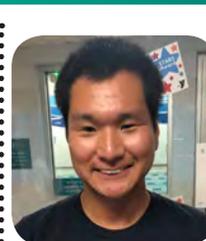
WELCOMING A NEW FACE TO YMCA AQUATICS

The Edwardsville YMCA is proud to introduce the newest member to our leadership team, Katherine Kuhl. Katherine is the new Aquatics Director and brings years of YMCA and swimming experience to the department. She started competitive swimming at the age of 5 years old on a summer league team. Kuhl said, "I ended up falling in love with the water and sport, and started year-round swimming when I was 6 for a small YMCA in Southern Illinois. When I was 14, I moved to town swimming for the Edwardsville YMCA and also attended Edwardsville High School."

She began her aquatics career at the Edwardsville YMCA as a lifeguard and swim instructor when she was 15 years old. She left the Y when she went on to be a varsity swimmer in college at Miami University in Oxford, Ohio. Kuhl said, "Through my time in Ohio, I realized my passion for the health, wellness and safety of others. I gravitated toward the Public Health major, as this seemed like the best way to reach as many people as possible. I obtained my bachelor's and my master's degrees at Miami, both in Public Health."

After she graduated in four and a half years, she still had a passion for the water. Kuhl continues, "Post college, aquatics just felt like the right way for me to combine my love of helping others achieve health, wellness and safety, while staying close to the water. I love aquatics because it is such a great way to help others from learning a vital survival skill, to getting people to reach fitness goals."

She always knew that Edwardsville was in her heart so when the position opened, it was the perfect fit. Kuhl said, "I am very excited to be back at the Edwardsville YMCA! With my struggles and my triumphs both as an athlete and as an employee, this YMCA has had a major part in helping shape me into the person I am today. From the friendly faces (some new faces, some old ones) to the Niebur and Meyer Centers themselves, I feel as though I am coming back home." We wish Katherine the best and are so glad to have her join the team!



Meet Zach our August STAR!

Our employee recognition initiative highlights staff who:

- S**hows exemplary customer service & team spirit
- T**op Performer advances the Y through new concepts, programs, membership growth & strengthening the Y within our community
- A**lways shows highest regard for the Y's mission, goals & values
- R**egularly exceeds expectations & requirements
- S**trives consistently to raise the bar of excellence

The winner of August's STARS Award drawing is Zach Ford, a dedicated, hard working Aquatics team member!

Other STARS Award Recipients Were:

- Kylee Borg, Gymnastics
- Sitney Day, Aquatics
- Grace Fieber, Member Services
- Bethany Folsom, Gymnastics
- Sandee Kershner, Gymnastics
- Katie Koonce, Aquatics
- Sara Kreutztrager, Tennis
- Matt Lehr, Tennis
- Riah Martin, Gymnastics
- Adam Ruckman, Tennis
- Abbie Schaefer, Member Services
- D'Andre Traylor, Aquatics



CONGRATULATIONS!

Like & Follow Us on Social Media!
 Search: **edwymca** or **Edwardsville YMCA**



PEE WEE SOCCER OFFERS A NEW WAY FOR KIDS TO THRIVE



The Edwardsville YMCA's Rec. Sports Department has expanded their offerings to some of our youngest members, three year olds! This fall, Pee Wee Soccer was introduced as a sessional program on the fields at the Meyer Center on Wednesday nights. When registration began, it was quickly determined that a second day would need to be added to accommodate all of the children who wanted to play. Along with our Rookies and Youth programs, the Pee Wees are playing on Saturday mornings at the SIUe Korte Stadium fields.

When asked about the impact and need for this program, Jimmy Usery, Rec. Sports Director said "We have always started our soccer programs at the Rookie, 4 year old, level. We knew there were younger siblings that wanted to get started playing. We took this opportunity to provide this option to all of our families, members and community in an effort to start growing a passion for soccer early and retain them through 8th grade."

Look out for Pee Wee Soccer again in the Spring!



BLUES LEND A HAND FOR YOUTH HOCKEY PROGRAM

The Y received a "Blues For Kids" Grant from the St. Louis Blues for \$5000. The funds from the grant will go towards equipment for the Skate Center's Learn to Play Hockey program. The items the Y ordered for the youth program are: 40 new pairs of skates, 12 new hockey sticks, 4 new complete goalie pad sets, 5 new pieces of hockey trainer equipment and 4 new skate mates!

The Skate Center Director, Trevor Spohr said, "We are beyond grateful to receive the grant from the St. Louis Blues organization. The money we received helped replace equipment that was in need of repair." The new equipment will start being cycled in with Fall 1 classes and in full by October 22ND when the next Learn To Play Hockey session begins.



YOU'RE IN FOR A SPOOKTACULAR TIME

October 19th is a big day at the Edwardsville YMCA! In the morning, our 6TH Annual Spooktacular 5K & 2 Mile Run/Walk will be held at 8:30am kicking off from the Niebur Center. It is the perfect race to have the whole family participate. Don't forget to wear your best costume as we award the winners in children and family divisions. Registration is open now, individuals are \$25 and a family of 4 is \$65 until October 2ND.

In the evening, the Meyer Center will play host to the Halloween Family Fun Night "Spooky Story At The Y" from 6:00 - 8:00pm. It is geared towards Pre-K to 4th graders with games, inflatables and snacks. It is a free event for our members and only \$10 per non-member family.

Put on your best costume and join us for a day of Spooktacular fun!



WHEN
OCTOBER 19TH
Race Begins: 8:30am • Doors Open: 7:30am

WHERE
NIEBUR (ESIC) CENTER
Course: Mostly On The Paved Bike Path

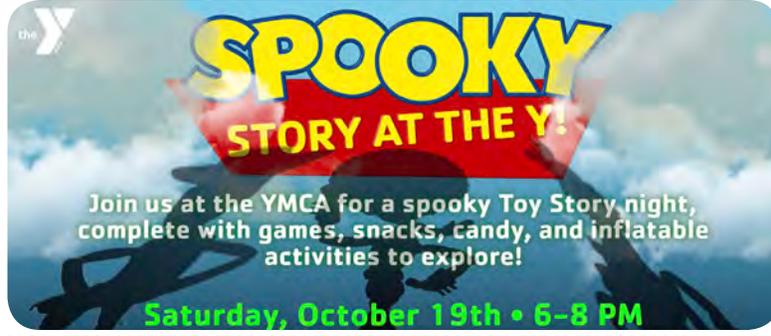
WHO
ALL AGES & FITNESS LEVELS
Receive A T-Shirt* & Participation Medal!
*Register By October 2ND To Guarantee A Shirt
*Family Registration Includes 4 Participants

REGISTRATION
(Members & Non-Members)

Early Bird
(ends October 2ND)
5K & 2 Mile
Individual: \$25
Family of 4: \$65

October 3RD - 18TH
5K & 2 Mile
Individual: \$30
Family of 4: \$70

Day-Of (October 19TH)
Additional \$10 fee



FALL FACILITY IMPROVEMENTS FOR OUR MEMBERS

The Edwardsville YMCA continues to make improvements at the end of summer for annual maintenance. Maintenance Director, Steve Cox said, "We like to continue to improve our buildings, which helps better serve our members."

The Niebur Center underwent renovations in the downstairs group fitness studio. A fresh coat of paint and new shiplap beams have transformed the studio into a more modern space. The Meyer Tennis Center also underwent a facelift with new court and wall colors. Tom Verheyen, CEO said "We continue to improve the facilities. Our next project is updating the Niebur Center locker room area in the main hallway. That project should be completed by October. It will be the perfect space to get ready before and after our members workout."

In addition, the Indoor Pools were cleaned and the Meyer Skate Center was closed for annual resurfacing.



LOOKING FORWARD

Would you like to know what else the Edwardsville YMCA has in store for you for the fall? Here is a glance at some important dates:

SEPTEMBER

- 16TH - 22ND: Welcoming Week - No Joining Fee
- 16TH: Great City Race Begins • Still Can Register!
- 20TH: Candlelight Yoga • 6:30 - 7:45pm
- 28TH: Gymnastics PNO • 5:30 - 8:30pm
- 30TH: Fall 2 Member Registration Begins

OCTOBER

- 4TH: Halloween Piloxing For Support The Girls • 7pm
- 14TH: Fall 2 Session Begins
- 19TH: Spooktacular 5K & Halloween Family Fun Night
- 25TH: Halloween Zumba • 6:30 - 8:30pm
- 26TH: Gymnastics PNO • 5:30 - 8:30pm

SEPTEMBER

• YMCA WELLNESS NEWSLETTER •

Ingredient of the Month:

FIGS

Raw figs provide 14% daily value of dietary fiber per 3.5 ounces! Figs can be eaten dried, fresh, and can even be used to make jams! They are known to be most flavorful at room temperature, and fresh figs that are used in cooking should be soft and round. If there is a sour smell, they have become over-ripe. Old Mediterranean folk practices stated that the milky sap of the fig was used to deter parasites and soften calluses.



Organic vs Non Organic: What's What?

What does "organic" really mean?

Foods such as fruits, vegetables, grain, dairy, eggs, and some meats can be grown or raised organic, which means that the foods are grown without the use of the most common pesticides, synthetic fertilizers, biosolids, irradiation, genetically engineered feed/seed, antibiotics, or growth hormones. For meat to be organic, livestock must have access to the outdoors, adequate indoor space, and all livestock feed must be completely organically certified.

Pesticide Usage

Natural pesticides, including copper and sulfur, have been approved for use on organically grown food. Studies that focus on organic and non-organic produce found that organic produce had a 30% lower risk of pesticide contamination than non-organic produce. It is important to note that organic foods are not 100% free of pesticides, and in general, pesticide levels in both organic and non-organic foods are within the safety limit for consumption.

Cost of Organic vs. Non-Organic

Organic products can cost anywhere from 20% up to 100% more than their non-organic counterparts. This can be because of high labor costs for pest control, the cost of expensive organic feed for animals, or even the fees farmers pay for organic certification. If price is an issue, try to instead purchase produce that provides the most potential health benefits for your money. For example, purchasing a conventionally grown apple will still be healthier than buying organically produced cookies or chips. Processed "organic" food will usually still be high in fat and calories, so it's often better to simply check the ingredients in non-organic packaged foods, and choose healthier options from those.

The nutritional content of organic and conventional foods doesn't differ much, although this doesn't take in to account the health of the product beyond nutrient content—for example, some foods are grown with more pesticides than others. Foods termed the "dirty dozen" include twelve fruits and vegetables that have the highest levels of residual pesticides, so they may be worth buying organic. The "clean 15," however, are the lowest in residuals—and may not be worth the extra cost. Foods with a removable peel are also less likely to have pesticide contamination, including produce like oranges, kiwis, and bananas.

Still, no matter which type of food you buy, it's always a good idea to wash your produce to get rid of dirt and pesticides.



Meet Your
YMCA Nutritionist...

Rachel
Allard

Our registered dietitian will work with you to help you glean insight into unique eating habits, lifestyles and goals for you!

Our process will allow us to work together and create a personalized plan for your improved nutrition and wellness that is not only achievable, but sustainable.



There's no better time than the new year!

Set up your initial nutrition counseling appointment now by contacting Rachel at rallard@edwymca.com

Initial One Hour Session: \$50

Initial/Follow-Up Combo: \$75

30 minute Follow-Up Package : 4 for \$110

Fig and Ricotta Overnight Oats

Prep Time: 10 minutes Ready In: 8 hours

Ingredients:

- ½ cup rolled oats • ½ cup water
- Pinch salt • 2 tbsp. part-skim ricotta cheese
- 2 tbsp. chopped dried figs
- 1 tbsp. toasted sliced almonds
- 2 tsp. Honey

DIRECTIONS

Combine oats, water, salt in a bowl and stir. Cover and refrigerate overnight. In the morning, heat the oats or eat cold. Top with ricotta, figs, almonds, and honey.

Nutrition Information: 1 cup serving

294 calories • 8 g fat • 7 g fiber • 48 g carbohydrates
10 g protein • 16 g sugar • 6 g added sugar



So which should I buy?

The decision is truly up to you when it comes to what you choose to purchase. The nutritional variety of your overall diet is the main thing you should keep in mind—focus on getting an assortment of foods that include a variety of fruits, vegetables, nuts, seeds, lean protein, and beans. There is no evidence to suggest organically produced foods provide any difference in health benefits, taste, or appearance. If your main concern is using your purchases to limit your support of the use of pesticides and antibiotics in farming, choosing organic may be right for you. If not, save some money and stick to buying conventional food products.

De-Mystifying Your Dinner Table

It's easy to get overwhelmed trying to make sure you're feeding yourself and your loved ones healthy foods that are good for you and for the planet. There's so many choices, and so many "buzzwords" that can be hard to understand! Don't be afraid to reach out to trustworthy resources like The FDA, the World Health Organization, and the Department of Agriculture for more information about the terms in this newsletter. There's always new ways you can learn to be a healthy, knowledgeable consumer!

How "bad" are Pesticides, really?

Pesticides are chemicals used to control insects or pests that can harm crops. People often think that if they buy organic products, that means they are toxin-free, but plants can and do still produce their own natural toxins. Foods labeled "organic" or "natural" are not automatically guaranteed to be safe! For best practices, the World Health Organization recommends consumers throw away bruised, damaged or discolored food, and in particular mouldy foods; throw away any food that does not smell or taste fresh, or has an unusual taste; and only eat mushrooms or other wild plants that have been definitively identified as non-poisonous.

"Moderation. Small helpings. Sample a little bit of everything. These are the secrets of happiness and good health."

- Julia Child -