



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

A Monthly Newsletter For Our Members

Issue 13 | July 2019

CAMPERS HAVE FOUND THEIR GREEN THUMB IN NEW GARDEN

The Edwardsville YMCA has started a community garden behind the Meyer Center outdoor pool. The Y giving garden is a community garden for sustainable gardening, education and giving back. Produce from the garden goes to the Beet Box, which is a part of the Food for Friends program.

Natasha Howard, Arts and Climbing Director, started to seek out the help of community partners to get the garden off the ground. She said, "The Y wanted to start a community garden that was open to all and would give back to the community. We got in touch with Candice Watson with the Goshen Farmer's Market who connected us with Joe Carrington who is lovingly known around town as Farmer Joe. Farmer Joe became our garden advisor guiding us through the process of starting the garden and even built all the boxes. Teen campers and 3rd-5th graders assisted with the installation of the garden, which consists of 4 boxed gardens with trellises, a standing box, and a rain water barrel."

The garden has even become a key part of the day for some summer campers. Howard said, "As the garden install was completed there were four campers who took a great interest in the garden and became the garden keepers: Brayden, Caden, Mary, and Morgan. There isn't a day that goes by that they are not running up and talking to me about the garden and ensuring me of their garden duties that they completed for the day. They water, weed, sprinkle spices to ward off the bugs and take care of anything thing else that needs done. They are passionate and responsible. It has been a joy to watch and experience their excitement."

We asked the campers to share why they like to work on the garden. Brayden said, "It brightens up people's day and helps people by providing food. I also like growing things." Mary shared, "It makes you spend more time with friends that you don't get to spend time with at school. It also helps the community and gives back food." She also enjoys catching the frogs that have found a new home. Morgan said, "It is very cool that the Y started the garden. I wasn't expecting that, it's fun!" Finally Caden stated, "I enjoy the plants, watering and putting the spices on the plants for the bugs to go away. It gives me an opportunity to interact with my friends more."

If you would like to see the garden and the Beet Box, please join us on Tuesday, July 30TH from 4:00 - 6:00pm at the Meyer Center. There will be an opportunity to meet Farmer Joe and learn about sustainable gardening methods like companion planting, composting, good soil and purchase affordably priced, local produce from the Beet Box!

For more information about the new community garden, you can contact Natasha Howard at 618-655-1460.



Meet Beverly our June 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 June's STARS Award drawing is Beverly Rigsby, a hard working asset to the Health & Wellness team!

Other STARS Award Recipients Were:

- Jada Baker, Gymnastics
- Megan Blind, Gymnastics/Summer Camp
- Levi Campbell, Aquatics
- Erynn Cotter, Member Services
- Lauren Cotter, Member Services
- Emily Coulter, Aquatics
- Kendall David, Summer Camp
- Lauren Denney, Summer Camp
- Danette Dorsey, Member Services
- Grace Fieber, Member Services
- Zach Ford, Aquatics
- Gabby Geiger, Summer Camp
- Matt Hale, Aquatics
- Robert Hare, Fitness Center
- Josh Hicks, Fitness Center
- Allie Hosto, Aquatics
- Katie Kiernan, Member Services
- Alex Koishor, Summer Camp
- Bruce Lewis, Aquatics
- Chris Liliensiek, Summer Camp
- Leah Oglesby, Fitness Center
- William O'Keefe, Summer Camp
- Mariah Palmer, Summer Camp
- Hannah Pritchett, Summer Camp
- Lexie Pulliam, Rentals
- Nicole Schapman, Fitness Center
- Jack Schneider, Fitness Center
- Kari Westbrook, Rec. Sports
- Zachary Winslow, Summer Camp



GYMNASTICS & TUMBLING TEAMS PLACE AT NATIONAL COMPETITIONS



The Edwardsville YMCA Gymnastics team attended the YMCA Gymnastics Nationals at the Wisconsin Dells, with 25 athletes representing the Edwardsville YMCA in competition with 90 other YMCA's and over 1,700 athletes.

In order to qualify for Gymnastics Nationals, competing athletes had to receive a qualifying score in a competition with a USAG qualified official. The complete list of participating athletes at this year's Gymnastics Nationals includes Deililah Allen, Alexis Beard, Blakely Betz, Cecelia Blind, Mikayle Bosick, Bradynn Carey, Addalyn Field, Grace Fryer, Alexandria Goss, Amelia Johnson, Claire Johnson, Sanaa Johnson, Karly Klette, Paige Muskopf, Mikayla Niehaus, Kharissa Norvell, Ruth Prenzler, Adalynn Seitz, Jaleah Smith, Leila Smith, Josie Stottler and Claire Villalobos.

Several athletes were champions in single disciplines including, Jaleah Smith (Level 5), Grace Fryer (Level 6) and Mikayle Bosick (Level 6) on vault, Mikayla Niehaus (Level 6) on bar and Allie Goss (Level 7) on the floor. In addition to being the champion on those events, several of these athletes placed high in other disciplines. Goss placed second on vault and beam, seventh on bars and second in the All-Around competition, Fryer placed fifth on bars and Niehaus placed sixth on vault and fourth in the All-Around competition.

Multiple Edwardsville YMCA participants placed in single disciplines: Adalynn Seitz (Level 3) placed first on vault, Claire Villalobos (Level 4) placed second on vault, Claire Johnson (Level 4) placed fourth on bars and Josie Stottler (Level 4) placed seventh on vault. Sanaa Johnson and Ruth Prenzler, both YMCA Level 8 athletes, made it to the All-Around finals, with Johnson placing twelfth All-Around, having placed second on floor, eighth on bars and ninth on beam and Prenzler thirteenth in All-Around after placing seventh on beam, respectively.



Kharissa Norvell (Senior Level 9) placed second on vault, bars and beam, sixth on floor and placed third in the All-Around finals in the Senior Level 9 division. Norvell received All-American status and received a special jacket at the competition. She will continue her gymnastics career in college at King University in Bristol, Tennessee to major in Nursing and compete in the sport of Acro and Tumbling.

The Edwardsville YMCA's Tumbling and Trampoline team competed at USTA Nationals in Charleston, WV. The individuals who qualified for USTA Nationals placed top ten at states, earning the opportunity to compete against dozens of other athletes from all over the nation in their age group. Participants from the Edwardsville YMCA included Alexandra Biciocchi, Landon Bickham, Annie Bozarth, Ellise Bozarth, Addison Edwards, Jackson Elliot, Ella Jane Feldmann, Abigail Grotefendt, Ella Head, Hannah Ledford, Maleah Lyons, Megan Stewart, and Tyler Wright.



The Edwardsville YMCA Tumbling Team placed multiple times, including Megan Stewart, who took second place in flight on Rod Floor, and Jackson Elliot and Landon Bickham, who won third in team awards for boys novice tumbling. Ellie Bozarth placed seventh in Novice girls 13-14 Double Mini, Llanden Bickham placed third in Trampoline- Sub-Adv Boys 11-12, fourth in Novice Boys 11-12 Floor, and fifth in Sub-Adv Boys 11-12 Double Mini. Jackson Elliott placed tenth in Trampoline-Int Boys 9-10, seventh in Double Mini- Novice boys 9-10, and sixth in Tumbling- Novice boys 9-10. Hannah Ledford placed tenth in Int Girls 15&O.

Edwardsville YMCA Gymnastics Director Jessica Johnson said, "This was a great showing for our YMCA. Both teams worked extremely hard to get to the National Championships. We could not be any prouder of how they competed."

NEW BLOOD PRESSURE MACHINE PROVIDES A WAY TO KEEP ON TRACK

A new addition to the Niebur Center was installed last week, a brand new Blood Pressure Machine. The much needed machine was able to be installed due to a generous donation from Linda Cassens. CEO, Tom Verheyen said "We are very grateful for the continued generosity that Linda shows the YMCA. This new blood pressure machine addresses the needs of continuing to provide avenues for our members and guests to keep up with healthy living." You can find the new machine outside of the Niebur Fitness Center.



Member Johnnie Bowe tests out the new Blood Pressure Machine.



WHAT'S COMING UP?

WE ARE COMMUNITY!

**PARENTS NIGHT OUT
IN THE
GYMNASTICS ROOM
MEYER CENTER**

Everyone Kindergarten - 8TH Grade Welcome!

Saturday, July 27th • 5:30 – 8:30pm

Enjoy supervised play in the gymnastics room, a slice of pizza, bag of chips and bottled water or capri sun! Additional slices of pizza sold for \$1.

Early Registration
(By Thursday Before)
Members: \$20
Non-Members: \$25

Walk In Registration
Members: \$25
Non-Members: \$30

Join us at the Y to earn your green thumb with Farmer Joe, Market Sprouts, and the Beet Box! We'll be working with the Y Giving Garden to learn about sustainable gardening methods like companion planting, composting, good soil, and more!

**TUESDAY,
JULY 30TH
4-6 PM**

**THE Y GIVING GARDEN
AT THE MEYER CENTER**

the Y
GOSHEN MARKET
FOUNDATION

LOOKING FORWARD

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

JULY

- 27TH: Gymnastics PNO • 5:30 - 8:30pm
- 30TH: Giving Garden Open House • 4:00 - 6:00pm

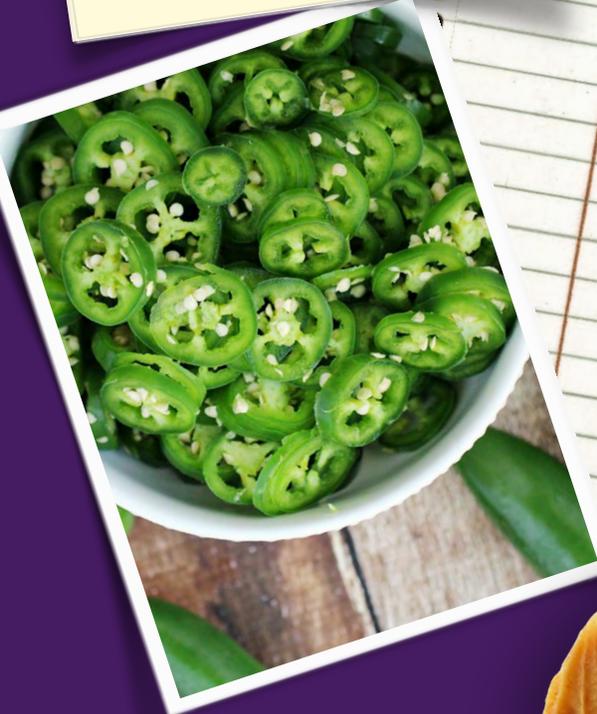
AUGUST

- 5TH: Fall 1 Member Registration Begins
- 12TH: Fall 1 Non-Member Registration Begins
- 12TH - 25TH: Niebur Indoor Pools Closed
- 26TH: Fall 1 Session Begins
- 31ST: Gymnastics PNO • 5:30 - 8:30pm

JULY

Ingredient of the Month: **JALAPEÑO**

The growing period for a jalapeño pepper is 70-80 days, and as the growing season ends, the peppers turn red; giving Sriracha its distinctive color. A raw jalapeño is 92% water, 6% carbohydrates, and 1% protein. In 3.5 oz. it provides 29 calories and is a good source of Vitamin C, Vitamin B6 and Vitamin E. The heat range of a jalapeño varies greatly, ranging from 3500-8000 on the Scoville Index. They can be used both as a remedy for seasonal allergies, or simply clearing your sinuses when you have a cold! Jalapeños were included as food on the Space Shuttle as early as 1982.



TO SNACK, OR NOT TO SNACK?

It might be hard to believe, but snacking can fit in with—and even help you stick to—a balanced meal plan. Having a balanced snack between mealtimes can help stabilize your blood sugars and curb your hunger, but sometimes it's hard to find quick and tasty options that will keep you satisfied until your next meal. You want to keep your metabolism going throughout the day, but be sure to listen to your body as well. It may be tempting to reach for chips or cookies, but you'll be better off if you try to balance your snacks with a healthy combination of a carbohydrate source with a protein or fat source. The next time those hunger pangs start, give one of these easy and healthy snack options a go:

- ½ cup Greek yogurt with mixed berries
- 1 whole wheat pita bread round with 1-2 tbsp hummus
- ½ cup cottage cheese with your choice of fruit
- Turkey roll ups: use 4 slices turkey, 1 slice cheese, veggies of choice, and mustard or light mayo as desired. Portion ingredients between turkey and roll it up!
- Whole grain toast with ½ mashed avocado (adding paprika, pepper, and a sprinkle of salt for extra flavor)
- 2 rice cakes with 2 tbsp nut butter of choice
- 1 string cheese with a serving of mixed nuts
- 2 hard boiled eggs over small salad with balsamic vinaigrette dressing
- Roasted chickpeas with spices of choice
- Make your own trail mix: 2 cups popcorn, ¼ cup whole grain cereal of choice, 2 tbsp dried fruit
- Small whole grain bagel with 2 tbsp low fat cream cheese and topped with strawberries
- 1 English muffin with 1 tbsp melted cheese with sliced apples and drizzle of honey
- Peanut butter banana roll up: 1 whole grain tortilla, 1 small banana, and 1-2 tbsp of nut butter of choice





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

Healthy Mexican Street Corn Salad

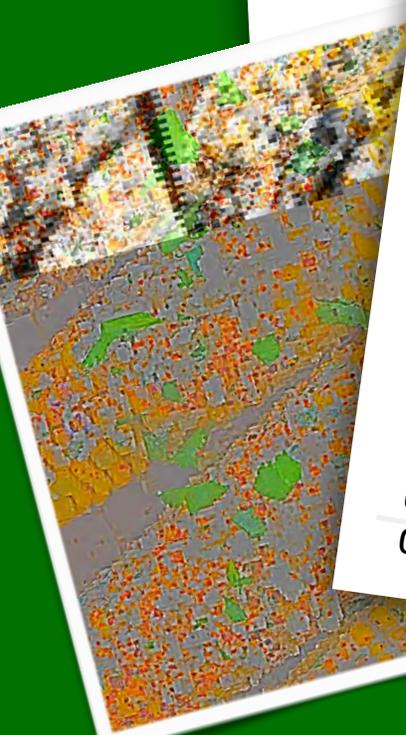
Prep: 5 min • Cook: 15 min • Serves: 6

Ingredients:

- ¼ tsp smoked paprika and chili powder
- ¼ cup jalapeno (seeded, finely diced)
- 2 tbsp reduced fat mayo
- 1 clove garlic (minced)
- 14 oz frozen corn
- 1 Lime
- 1 oz cotija cheese
- ¼ cup cilantro (finely chopped)
- ½ tbsp. butter
- Salt and pepper to taste

DIRECTIONS

Melt butter over medium heat in saucepan, add corn, and cook for 10 min, stirring occasionally. In a large bowl, whisk together mayo, cotija cheese, jalapeño, chili powder, paprika, lime juice, and garlic. Stir in corn and cilantro, and mix until evenly incorporated. Add salt and pepper to taste. Cover and refrigerate until chilled; then garnish with sprinkle of paprika.



Recipe Tips and Tricks

You can substitute feta or Parmesan cheese for cotija cheese in this recipe! And there's a ton of ways to serve: as a side dish, in lettuce wraps, added to quesadillas, as a taco filling, or even in meal prep grain bowls!

The True Meaning of "Healthy"

Nutrition (1/2 cup):

70 kcals

5 g fat

16 g carbs

3 g protein

2 g fiber

Even Astronauts Need to Snack Sometimes

We learned earlier that jalapeños went to space on the space shuttle missions in 1982; but did you know they were just a single part of a highly-spiced diet for astronauts?

Jalepeños, hot sauces such as Sriracha and Tabasco, and other spicy foods are a hot commodity on the International Space Station!

Zero gravity causes effects like puffy faces and dampened senses, similar to a head cold, that spicy foods help to combat.

Another noted favorite is honey!

"Movement is a medicine for creating change in a person's physical, emotional, and mental states."

-Carol Welch-