

# WRC NEWSLETTER

NOVEMBER 2024

## TURKEY BASKETBALL SKILLS CHALLENGE

PUT YOUR BASKETBALL SKILLS TO THE TEST AND COMPETE AGAINST OTHERS IN THE FREE WRC TURKEY BASKETBALL SKILLS COMPETITION ON SATURDAY, NOV. 23 AT THE THORNTON REC CENTER. PARTICIPANTS WILL TEST THEIR SKILLS IN DRIBBLING, PASSING AND SHOOTING AGAINST OTHERS IN THEIR AGE GROUP FOR THE CHANCE TO WIN A HOLIDAY TURKEY AND BE CROWNED CHAMPION IN THEIR AGE DIVISION. THERE WILL BE BOYS' AND GIRLS' DIVISIONS IN THE FOLLOWING GRADES; 1ST/2ND, 3RD/4TH, AND 5TH/6TH. CHECK IN AT 10AM AND COMPETITION STARTS AT 10:30AM.

SATURDAY, NOVEMBER 23

10:30AM



NEW to the WRC...Adult Pickleball Leagues. Matches will be played on Wednesday evenings at the Thornton Rec Center. Competitive and Recreational Doubles divisions will be offered.



Leagues will consist of an 8-match season. A match will be the best 2 out of 3 games to 15 (must win by 2). The deadline to register is Nov. 7th. Games will begin Nov. 20 and run through Jan. 22



## Upcoming Events Calendar

WRC TURKEY COMPETITION	NOV. 23RD
VINTAGE VILLA TRIP	NOV. 23RD
TURKEY BINGO	NOV. 25TH
MILE OF LIGHTS	DEC. 8TH
SANTA'S MAILBOX	DEC. 15TH
COWBOY CHRISTMAS TRIP	DEC. 15TH
FALL SESSION ENDS	DEC. 20TH
FITNESS CENTER OPEN HOUSE	JAN. 4TH
HEART HEALTHY CHALLENGE	FEB.
DADDY/DAUGHTER DATE NIGHT	FEB.

# Tyler Osborn ♦ Salt Bad for You?

How many times have you heard that salt is bad for you? Well, it is as much as anything else used excessively. Too much salt is bad for kidneys, it will make you feel bloated, tired and worn out. But the right amount of salt in your diet regulates fluids in the body, levels pHp and it improves skin, blood pressure, immune system and even metal state. Adequate levels of salt are beneficial for our organism, and it is possible to learn how to take the best out of salt.

Food High in salt. First, you need to be aware that salt is not only in your saltshaker. 75% of salt is in food.

**Foods** that are always **high in salt** are anchovies, bacon, cheese, ham, olives, pickles, prawns, salami, salted and dry roasted nuts, salt fish, smoked meat and fish, soy sauce, stock cubes and yeast extract. To cut down on salt when eating these foods, you need to eat them less often or in smaller amounts.

Food that can be high in salt. Some foods, such as crumpets, bagels and ciabatta, pasta sauces, crisps, pizza, ready meals, soup, sandwiches, sausages, tomato ketchup, mayonnaise and other sauces and breakfast cereals can **high sodium levels**, but this greatly depends on the brand and the producers. Here it is easier to cut down on salt intake since you can consult the labels and go for the product with less salt.

Food low in Salt. Breakfast cereals, couscous, eggs, fresh fish, fresh meat and poultry, homemade bread, homemade sauces, homemade soup, mozzarella, rice, plain cheese spreads, plain cottage cheese, plain popcorn, porridge oats, ricotta, seeds, unsalted nuts and yogurt are low in salt, and their use is recommended to those with hypertension as well as bad kidneys.

Smart salt intake. If you are told to boost your salt intake because of

your low blood pressure, be cautious with the advice. You should opt for foods high in salt but not add it additionally to your meals. The **recommended daily intake** of salt for adults is **one teaspoon**. But it is very difficult to measure that amount in prepared food, since it has already been added at manufacturing state. Salt can often be found in bottled water. The levels of sodium in **bottled water** can be seen as insignificant but, added up to the total amount of salt we consume during the day through food, it makes you think. If you prefer bottled water, read the content on the bottle. Minerals and sodium levels are always given. You should at least change the producer from time to time, since levels tend to vary from one to another, and in that way does not accumulate the same amounts of minerals and sodium all the time.

Ways to cut down on Salt.

1. **Shop for low salt foods.** When you buy processed food, always check the labels and choose food that is lower in salt. Cured meat will always be high in salt, so you should avoid it. Salt in canned vegetables, table sauces, mustard, mayonnaise and pickles varies from brand to brand.
2. **2. Cook with less salt.** People add salt to food when cooking and sometimes without tasting it first. Instead of using salt to add the flavor, you should try with black pepper, fresh herbs and spices. Also, make your own gravy instead of buying the ones in cubed and granules.
3. **Choose**

**smartly when eating out.** When eating in a restaurant or takeaway, you cannot know how much salt is in the food. Much of the ingredients in this case are processed food but you can always opt for toppings and filling low in salt. So, if you are eating **pizza, sandwiches, burgers, or pasta dishes** always avoid cheese, bacon, barbecue sauce, pepperoni and sausages. If two kind of meat are offered, take only one. As for **Chinese or Indian Food**, the best thing to do is eat with plain rice instead of pilau or egg fired rice.

4. **Change bottle water** from time to time and consult the label for the Na levels.
5. **Use non-effervescent vitamins and painkillers** as they are low in salt.

## TOP 10 FC Members October

1. Lance Austin
2. Ashley Chastain
3. Sheryl Clower
4. Viengxong Intha
5. Ginger Richter
6. Noah Harris
7. Nicole Shea
8. Chris Angle
9. Megan Harris
10. Teddi Ricketts, Mike Seidel, Terri Seidel

## Quick and Easy Vegetable Soup

Step 1. combine tomatoes (1 can/14.5 oz diced), chicken broth (1, 14oz can), tomato juice (1, 11.5 oz can veggie juice cocktail), Carrots (2 diced), celery (2 stalks diced), potato (1 large diced), green beans (1C. Chopped), corn (1C. Fresh kernels), and water (1C) in a large stockpot. Season with salt and pepper (to taste) and creole seasoning (1 pinch or to taste).

Step 2. Bring to a boil over medium heat and simmer until vegetables are tender, about 30 mins.

Step 3. serve hot and enjoy.



**Wellness  
Director**

**Tyler Osborn**  
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**Fitness Center  
Supervisors**

**Azie Roth  
Lance Austin  
Aritha Paris  
Christy Wiebe**

## Did You Know?

# Gym Walking Hours

Brrr! It's that time of year, the mornings are chilly and the leaves are falling so bring your walk indoors for the season. The WRC has open gym for walking.

**Now Open Monday - Friday  
5:30 - 8:00am**

## Helpful Information - - - - -

### Online Registration

The WRC has ONLINE registration for most activities, youth & adult. The online enrollment option makes it convenient for our customers to sign up for adult aerobics, youth classes, & youth sports leagues at any time of the day!

#### Instructions

1. Go to [Winfieldrec.com](http://Winfieldrec.com)
2. Select 
3. Create Account

\* Keep in mind, once a new session has officially begun, online registration for classes is turned off that way we can monitor if those taking a class have paid or not. At that point we recommend calling or visiting office.

### WRC TEXT ALERTS



Rec Alerts

Sign up for text alerts to receive immediate notifications of any weather cancellations, important notices, deadlines, etc. Text alerts are the quickest way to receive all notices and they can be customized by category.

Sign up @[winfieldrec.com](https://winfieldrec.com)



### Social Media



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