

Congratulations Harold!!

West River Community Center's member Harold Bach (age 91) recently competed in the 2011 National Senior Games in Houston, Texas June 17-24. Harold WON the Golf Medal in both the 400m and 100m races!

Results: 400m in 2:25.91 minutes and 100m in 22.29 seconds.

Congratulations Harold from all of us at the West River Community Center and Healthy Results, inc!!

July 4th Holiday



Happy independence Day!

The West River Community Center will be open from 5:30 am to 6:00 pm on Monday, July 4. Dickinson Parks & Recreation Administrative Offices will be closed for the holiday.

Have a safe and enjoyable holiday weekend!

Youth & Adult Orientation Classes

Are you new to WRCC? Do you need help learning how to use the fitness equipment at WRCC? This class is for you!

Next Classes:

NO CLASS IN JULY

Saturday, August 3

Youth: 2:00 pm / Adult: 3:00 pm

*Pre-registration required.

Classes are provided to give a thorough orientation to the community center including safety, gym etiquette and use of fitness equipment. Pre-registration is required, please register at the WRCC Control Desk.

*Youth ages 12-13 will receive a certificate enabling them to use the fitness equipment without an adult present.

It's not too late to register... visit dickinsonparks.org for more information on tennis, play park, summer art, golf, soccer and swimming lessons.

New Membership Key Tags

Effective July 1, 2011 we will be implementing a new membership key tag that will take the place of your current membership card. These tags are meant to be put on your key chain or workout bag. A complimentary lanyard may also be given if you choose. The key tag will have a bar code on the back that will be scanned each day you use the facility.

CURRENT MEMBERS: During the transition period, please continue to swipe your existing membership card and when you have a little extra time either before or after your workout, you can switch to a new key tag at your convenience.



UPCOMING EVENTS:

- July 3 - Neal McCoy Concert
- July 4 - Happy 4th of July!
- July 11 - 2nd Session Aquatic Lessons begin
- July 13 - Citizen Appreciation Day
- July 25 - Parent & Me begins



Cleaning Staff Needed

WRCC is in need of a good cleaning team! We are possibly looking for a husband and wife team that is interested in making some extra cash. Hours include evenings 8:00 pm to 11:00 pm a few nights a week. Flexible hours! We will work around your schedule. For more information please call X Dukart at 456-2070.

POOL NEWS

- **PRIVATE LESSONS:** Due to the lengthy wait list for private lessons, we are no longer accepting new participants. When the instructors are able to get caught up with their existing participants we will then accept new private lessons.
- **JUNIOR LIFEGUARD PROGRAM:** We would like to have a Junior Lifeguard class sometime this summer. If you are interested please call 456-2074 to have your name put on a list of interested participants. When we have enough to have a class we will let you know.
- The Junior Lifeguard Program (ages 12-14) offers a basic introduction to lifeguarding. After completion of the course work and working shifts at WRCC the junior lifeguard will be prepared for the lifeguarding class when they turn age 15.
- **AQUATIC LESSONS:** 2nd Session is held July 11-22. There are still openings left for our summer aquatic lessons. View the lessons schedule online at dickinsonparks.org.
- During the July 11-22 aquatic lessons, Adult Swim will be held from 8:00 am-12:00 pm and 5:30-6:45 pm in both pools.
- **PARENT & ME LESSONS:** There are still openings for our Parent & Me lessons beginning July 25 to Aug. 5 for up to age 3.
- **Waterslides** will open daily at 1:00 pm.
- **Swim Team** will be practicing from 1:00-3:00 pm, however there will still be one diving board and lap lane open.
- **WATER AEROBICS:** Please check times for water aerobics as some classes have been cancelled for the summer, but will return in the fall.



Healthy Results, Inc.

by Natasha Ash, CSCS

Summer is well under way! If you haven't already, make sure to sign up for these upcoming programs:

Triathlon Training Club - Meets Mondays at 5:30 am in July and August.

Let us help you prepare for the 7th Annual West River Triathlon. This cycle, running and swim group will focus on endurance training while incorporating speed work so that you are prepared for the upcoming triathlon. In addition to weekly training with a personal trainer, you will receive a weekly training program to help you achieve a new personal record or complete your first triathlon. All levels welcome! Contact Shannon Selle for more information. Register at WRCC.

Half Marathon Club - Meets July 13-September 21 - Wednesdays at 5:30 am

Join us as you prepare for a fall half marathon. The group motivation and guidance from a personal trainer for your weekly workouts will make this a half marathon you can enjoy! A base of 3 miles is recommended for beginners. All levels welcome and we will split into groups based on running experience. Register at WRCC.

Biking Club - Begins July 13 - Wednesday (6:00 am) & Saturday (8:00-10:00 am)

You will get an opportunity to travel through the historic badlands as well as a wonderful tour of southwest North Dakota. This program is designed to increase your mileage while enjoying wonderful landscapes with a group of people. Join Today! Contact Joe Champa for more information. Register at WRCC.

Body Building Club - Begins July 11 - Monday & Wednesday (7:00-8:00 pm)

You will be shown the proper way to build lean muscle mass. There will be information on body building nutrition, contest dieting, mass building nutrition, and posing. Whether you are interested in putting on 5 pounds of muscle or leaning down for a competition, this club is just for you! Contact Joe Champa for more information. Register at WRCC.



To make an appointment with a personal trainer or dietitian, please contact Healthy Results at 456-2070 or Natasha Ash at 260-8803.

Certified Personal Trainers:

Natasha Ash, CSCS; Shannon Selle, ACE
Patty LaPaglia, ACSM; Shannon Halvorson,
ACSM; Joe Champa, NASM

Licensed Registered Dietitian:

Jo Marie Kadrmas, LRD and
Joe Champa (licensed in July 2011)

Healthy Results Mission Statement:

*"Providing direction to attain Healthy Results
and inspire everyone to integrate exercise and
wellness as a vital part of their life."*



KUDOS TO YOU! CONGRATULATIONS to Healthy Results, Inc. Clients, Personal Trainers for competing in the following races:

Half Marathon Running Club Race Results

Mickelson Trail Half Marathon - June 5, 2011, Deadwood, SD

FN / LN / Division / Overall / DivPl / SexPl / Gun Time / Time / Pace

Brad Davis M4549 83 9/50 67/554 1:40:14 1:39:59 7:38
Natasha Ash F3034 109 5/264 26/1237 1:42:19 1:42:04 7:48
Nathan Bouray M3034 391 48/96 216/554 1:58:45 1:58:35 9:04
Jeffrey Riehl M6064 547 7/27 275/554 2:05:50 2:04:42 9:32
Kim Wanner F3034 560 74/264 281/1237 2:06:20 2:05:11 9:34
Kari Kolling F3034 585 78/264 297/1237 2:07:19 2:06:10 9:38
Anna Frenzel F3539 598 61/212 303/1237 2:07:36 2:06:43 9:41
Amy Kreidt F3034 614 83/264 315/1237 2:07:58 2:07:22 9:44
Jill Staudinger F4044 668 39/143 348/1237 2:10:46 2:09:38 9:54
Aparna Subramanian F1924 763 43/106 418/1237 2:14:42 2:13:08 10:10
Rebecca Andvik F3539 874 101/212 501/1237 2:19:48 2:18:09 10:33
Jon Stevenson M5054 940 46/68 399/554 2:22:53 2:20:27 10:44
Jamy Nelson F3034 945 133/264 546/1237 2:22:21 2:20:41 10:45
Annika Plummer F2529 1040 114/188 620/1237 2:26:38 2:24:58 11:04
Jennifer Armitage F2529 1179 134/188 732/1237 2:34:43 2:33:02 11:41
Patty Lapaglia F3539 1208 140/212 751/1237 2:38:39 2:35:05 11:51
Crystal Jahner F3034 1429 214/264 935/1237 2:57:17 2:53:43 13:16
Adrienne Belland F2529 1428 157/188 934/1237 2:57:17 2:53:43 13:16

Sherry's Wishes 10th Annual Event

June 18, 2011

Winners for the 5K Walk:

Women's

1. Pat Anderson 38.15
2. Kim Hamberger 38.36
3. Kayla Kirinjan 40.25

Men's

1. Ken Anderson 38.38
2. Mr. Sickler 41.41
3. David Adams 45.25

Winners for the 5K Run:

Women's

1. Natasha Ash 21.02
2. Whitney Schatz 24.23
3. Erin Pirkl 26.30

Men's

1. BJ Brady 20.50
2. David Johnson 23.02
3. Scott Maher 25.21

Winners for the 10K Run:

Women's

1. Kathy Lentz 50.42
2. Tina Pavek 51.02
3. Fernanda Heppner 56.17

Men's

1. Jon Stevenson 59.55

GREAT JOB EVERYONE!!

**From all of us at Healthy Results, Inc. and the
West River Community Center**

Aerobic Corner

by Brenda Erie, Group Fitness Coordinator

Thank you to all the participants for attending the Feature Class of the Month in June - Boot Camp. A big thank you goes out to the Group Fitness (GF) instructors, Kori Remington and Wilson McLaughlin who made the class a success by incorporating new moves, new music and creative ways of doing the class.

Coming in August... Feature Class of the Month. Which class is next? Which class will get a new makeover? Keep your eyes open for the class announcement and the launch party in August!

Welcome back Sandy Crow, Zumba instructor. Sandy brought Zumba to WRCC last summer, shortly thereafter she moved back to Arizona, but is now back! Please welcome Sandy... we are pleased to have her join our GF Staff!

SCHEDULE ANNOUNCEMENTS:

YOGA FOR ATHLETES - Want to stretch, build strength, gain flexibility, and relax after a nice, hard workout in the morning? Try Yoga for Athletes to be offered on some Tuesdays and Thursdays at 6:30 am. GF instructor, Shannon Selle will lead you through an invigorating and refreshing class. Come check it out!

BOOT CAMP - Boot Camp will be offered on Wednesdays at 5:30 pm for the month of July.

ZUMBA - We will no longer offer a 7:15 am Zumba class on Saturdays. If needed, we will add the 7:15 am Zumba back in the fall.



PARTICIPANT NOTE: Please be aware that participants will not be allowed in the Group Fitness Studios unless an instructor is present. Please keep this in mind when coming to a class early. You will need to wait outside of the room until the instructor arrives. Thank you for cooperation.

Diet Mistakes that May Age You

by Jo Marie Kadrmas, LRD, Healthy Results, Inc.

Would you like to discover the fountain of youth in your own kitchen? The foods we eat—or don't—may speed the aging processes along quickly. As Americans, we tend to eat too many processed foods, low in essential nutrients such as vitamin B12 and omega-3s, but high in unhealthy fat and calories. These inadequacies can result in symptoms we tend to assume are due to aging, such as the four below.

Mistake #1: You avoid all animal protein.

Why it's aging you: You may lack of vitamin B12, which is essential for energy.

Found only in foods that are derived from animals, this nutrient helps regulate your metabolism and energy production and is key to maintaining a healthy brain and nervous system. Fatigue is a classic sign of B12 deficiency. Chewing a lot of antacids to relieve heartburn can also lead to B12 deficiency because antacids interfere with B12 absorption.

Food Fix: Have two servings of nonfat dairy foods, such as fat-free milk or nonfat yogurt, and 3 to 4 ounces of lean protein daily. Good sources of B12 include seafood such as fish, clams, oysters, and mussels, as well as lean beef and pork, chicken, and fortified cereal.

Mistake #2: You avoid supplements.

Why it's aging you: You miss manganese and copper, which help prevent joint pain.

Because manganese and copper are both essential for maintaining joint cartilage and flexibility, supplementing these nutrients will most likely reverse the joint deterioration and will help alleviate pain.

Food Fix: Nuts, beef, and spinach are good sources of these nutrients, but you won't be able to eat enough to get all your copper and manganese, so consider a supplement. Discuss this with your dietitian and/or pharmacist.

Mistake #3: You avoid fish and all fat.

Why it's aging you: Fish and healthy oils (like olive) offer the best source of omega-3 essential fatty acids, which help prevent memory loss. These fatty acids are part of the brain's building blocks. Lack of omega-3s allows the brain to become weak, interfering with brain function, especially memory. But it's not only the amount of omega-3s that's important; the balance between omega-3s and omega-6s is equally crucial. Most of us aren't eating enough omega-3s and are eating too many omega-6s.

Food Fix: First, reduce your consumption of refined and processed foods much as possible, and cook with olive or canola oil. Then, eat 3 1/2 ounces of wild salmon and 3 1/2 ounces of herring, sardines, or halibut each week. Add 2 tablespoons of freshly ground flaxseed to cereal, whole grain side dishes, or shakes daily, and garnish salads or cereal with 1 tablespoon of walnuts 5 days a week. Finally, enjoy 9 to 12 almonds 4 times a week.

Mistake #4: You favor packaged foods over whole.

Why it's aging you: Packaged foods are high in blood pressure-spiking sodium—and fresh fruits and veggies contain blood pressure-lowering potassium. Having too little potassium in your diet magnifies the toxic effects of excessive salt intake. Most processed foods have added sodium but no extra potassium. This imbalance can damage blood vessels and drive up blood pressure.

Food Fix: Cut your sodium consumption to no more than 1,500 mg per day, and eat seven to nine servings of fruits and vegetables every day to boost potassium intake.

Click here for the
July
Group Fitness
Schedule
Water Aerobics
Schedule

Kids Fit

Kids Fit Summer Schedule: Wednesdays
9:15-9:45 am

Come join us for Kids Fit this Summer!
Don't forget to put a sticker next to
your name each time you come. Collect
enough stickers and you will win a visit
to the Prize House!

Parents must accompany child to the
program and be present during class.

Citizen Appreciation Week

In recognition of National Recreation & Parks Month of July, Dickinson Parks & Recreation will be having its Citizen Appreciation Week Monday, July 11 thru Thursday, July 14. Take advantage of the following FREE activities:

Monday, July 11 - FREE use of picnic shelters

Tuesday, July 12 - FREE admittance to Patterson Lake (excludes camping)

Wednesday, July 13 - FREE use at West River Community Center
(excludes tanning, drop-in child care, room rentals and golf room amenities)

Thursday, July 14 - FREE use of Heart River Golf Course
(tee times until 1:00 pm; excludes cart rental and driving range)

Thank you to everyone who enjoys Parks & Recreation!!

Current WRCC Memberships:

Annual = 4,293

3-Month = 641

Punchcards = 1,008

5,942 Total Members

Finish the Dream!

The Western Edge Pool Committee (WEPC) is asking citizens of Dickinson for donations for a future outdoor pool. The original plans of WRCC included an outdoor pool as a desired component. The existing site allows for use of ample parking and utility infrastructure that will defray construction and operating costs.

If you would like to help please click on the link above for more information.



**"Like" us on
Facebook!**

West River Community Center

HOURS OF OPERATION:

Monday-Friday 5:30 am - 10:00 pm

Saturday 7:00 am - 9:00 pm

Sunday 12:00 - 8:00 pm



**2004 Fairway Street
(701) 456-2070
dickinsonparks.org**



**Register online -
it's easy!**



Register Online go!