



# Mountains of Fun

Newsletter and General Information Publication

Jackson County Recreation/  
Parks Department

August 2008

## Athletic Shoe Fitting and Expo to Return to the Recreation Center

The people from Foot Rx Running in Asheville will return in September to provide running/walking analysis, expert shoe fittings, and custom orthotics. Look for more information, including date and time next month. BUT WAIT, let us know if you are interested! Do you need shoes? Do you need orthotics? E-mail Jenifer Pressley ([jeniferpressley@jacksonnc.org](mailto:jeniferpressley@jacksonnc.org)) and let us know if you are interested in the program, and what you would like to see offered.



### New Fitness Classes: Saturday Variety 8:00-9:00am



Instructors and classes will be different every week. Pick up a calendar at the front desk for specifics.

### Yoga Energy Sundays, 2:00-3:00pm

This class incorporates poses that will build heat, endurance, strength, and flexibility.



### New Saturday Hours!

Beginning Saturday, August 2nd, the Recreation Center will be open from 7:00am — 8:00pm.

#### LET US KNOW!!!

If you would like to begin receiving your monthly newsletter via e-mail, let us know. Simply drop off the name of the main person on your membership, and your e-mail address at the front desk of the Recreation Center and next month, your newsletter will arrive in your

inbox instead of your mailbox.



Last day to splash—  
The Sylva Pool will close for the summer on August 17th.

#### Recipe Corner

##### Elise's Sesame Noodles

- 1 pound whole-wheat spaghetti
- 1/2 cup reduced-sodium soy sauce
- 2 tablespoons sesame oil
- 2 tablespoons canola oil
- 2 tablespoons rice-wine vinegar or lime juice
- 1 1/2 teaspoons crushed red pepper
- 1 bunch scallions, sliced, divided
- 1/4 cup chopped fresh cilantro, divided (optional)
- 4 cups snow peas, trimmed and sliced on the bias
- 1 medium red bell pepper, thinly sliced
- 1/2 cup toasted sesame seeds

Bring a large pot of water to a boil. Cook spaghetti until just tender, 9 to 11 minutes or according to package directions. Drain; rinse under cold water. Meanwhile, whisk soy sauce, sesame oil, canola oil, vinegar (or lime juice), crushed red pepper, 1/4 cup scallions and 2 tablespoons cilantro (if using). Add noodles, snow peas and bell pepper; toss to coat. To serve, mix in sesame seeds and garnish with the remaining scallions and cilantro.

Yield: 8 servings

Calories: 332 kcal; Carbohydrates: 48 g; Dietary Fiber: 10 g; Fat: 12 g; Protein: 12 g; Sugars: 4 g

Recipe can be found at [www.eatingwell.com](http://www.eatingwell.com).

## Indoor Yard Sale Fundraiser for the Smoky Mountain Senior Games

Saturday, August 9th 8:00am-4:00pm  
at the Recreation Center in Cullowhee.

Tables are for sale:

\$25 for 1 table

\$40 for 2 tables

(No item can weigh more than 100 pounds.)

Space is limited to the first 30 tables.

Call the Recreation Department  
to reserve table.

Registration is underway.

**Kid-n-Play Schedule**

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| Sun                               | Mon                                   | Tue                               | Wed                               | Thu                | Fri                | Sat          |
|-----------------------------------|---------------------------------------|-----------------------------------|-----------------------------------|--------------------|--------------------|--------------|
| For kids<br>6 months-<br>7 years. | Call<br>293-3053 for<br>reservations! |                                   |                                   |                    | 1<br>7:50-11:30am  | 2<br>CLOSED  |
| 3<br>CLOSED                       | 4<br>7:50-11:30am<br>3:45-6:30pm      | 5<br>7:50-11:30am<br>3:45-6:30pm  | 6<br>7:50-11:30am<br>3:45-6:30pm  | 7<br>7:50-11:30am  | 8<br>7:50-11:30am  | 9<br>CLOSED  |
| 10<br>CLOSED                      | 11<br>7:50-11:30am<br>3:45-6:30pm     | 12<br>7:50-11:30am<br>CLOSED      | 13<br>CLOSED                      | 14<br>CLOSED       | 15<br>CLOSED       | 16<br>CLOSED |
| 17<br>CLOSED                      | 18<br>7:50-11:30am<br>3:45-6:30pm     | 19<br>7:50-11:30am<br>3:45-6:30pm | 20<br>7:50-11:30am<br>3:45-6:30pm | 21<br>7:50-11:30am | 22<br>7:50-11:30am | 23<br>CLOSED |
| 24<br>CLOSED                      | 25<br>7:50-11:30am<br>3:45-6:30pm     | 26<br>7:50-11:30am<br>3:45-6:30pm | 27<br>7:50-11:30am<br>3:45-6:30pm | 28<br>7:50-11:30am | 29<br>7:50-11:30am | 30<br>CLOSED |
| 31<br>CLOSED                      |                                       |                                   |                                   |                    |                    |              |

## FITNESS CLASSES

(All participants must be at least 14 years old AND in high school.)

|                               |                                  |
|-------------------------------|----------------------------------|
| 30/30 –                       | Tuesday 5:30-6:30pm              |
| A.M. Step—                    | Monday & Wednesday 7:55-8:55am   |
| Advanced Yoga—                | Monday 7:00-8:00pm               |
| Balls & BOSUs                 | Thursday 7:55-8:55am             |
| Bellies, Booties, and Biceps— | Tuesday 7:55-8:55am              |
| Cardio/Strength—              | Friday 7:55-8:55am               |
| Kickboxing—                   | Monday 5:30-6:30pm               |
| Morning Yoga—                 | Monday & Wednesday 6:30-7:30am   |
| Pilates—                      | Tuesday & Thursday 3:45-4:45pm   |
|                               | Saturday 9:00-10:00am            |
| Restorative Yoga—             | Tuesday 5:45-6:45pm              |
| Saturday Variety —            | Saturday 8:00-9:00am             |
| Sculpting—                    | Wednesday 5:30-6:30pm            |
| Senior Fitness—               | Monday thru Friday 9:05-10:05am  |
| Spinning—                     | Tuesday 4:15-5:00pm              |
|                               | Thursday 5:40-6:25pm             |
|                               | Friday 6:30-7:15am               |
| Step Interval—                | Thursday 5:30-6:30pm             |
| Step/Strength—                | Monday 3:45-4:45pm               |
| Yoga—                         | Tuesday & Thursday 10:15-11:15am |
|                               | Friday 12:00-1:00pm              |
| Yoga Energy—                  | Sunday 2:00-3:00pm               |

*Pick up a monthly calendar for daily class schedules and any changes.*

## PROGRAMS

### **\*Punt/Pass/Kick Competition**

- August 14th at 6:00pm for boys and girls age 8-15.
- Free of charge.
- Competition will be held at the Smoky Mtn. High School football practice field.

### **\*Quarterback Skills Clinic**

- August 18th-22nd from 9:00-11:00am for ages 9-14.
- Free of charge. Registration will be held July 31st-August 9th.

### **\*Ropes Challenge Course**

- Saturday, August 30th from 8:30am-2:00pm for ages 12-15.
- Participants will be shuttled from the Recreation Center to Moonshadow Challenge Course in Cherokee.
- Cost is \$50 (participants must provide their own lunch).
- Registration will be limited to the first 8 to register in person (no phone registration accepted).

*All programs are held at the Recreation Center in Cullowhee, unless otherwise noted.*  
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