

member FOCUS

A newsletter published monthly by the Town of Warrenton Parks & Recreation Department and the Warrenton Aquatic and Recreation Facility

TOWN OF WARRENTON RECEIVES HEAL GOLD AWARD



From left to right: Sean Polster accepting the award from Mayor Bob Coiner, Gordonville...also VML President

earning this award. The award was presented to the Town at the VML Conference in Virginia Beach, Virginia.

In addition, the Town has also received five gold medals in the Let's Move program. Warrenton is one of only 92 cities and towns in the entire United States to have achieved this honor.

The Town of Warrenton and Warrenton Parks & Recreation Department encourages everyone to get up and move, whether it be inside or out. We have many venues to utilize here in the Town of Warrenton. Everything Warrenton has to offer is family friendly and

we encourage everyone to get out to our parks, walk our trails, or play on the playgrounds to keep moving towards a healthier and more active community.

Warrenton Aquatics and Recreation Facility (WARF) has so much to offer as well; life saving swim lessons (group, private, and semi private), fitness room equipped with upright and recumbent cycles, treadmills, elliptical trainers, circuit training gear, and free weights. Group

fitness classes available for those of all abilities are held in the multi-purpose room. The WARF is here for everyone, you don't have to be a member to utilize the facility. Come take a tour!



The Town of Warrenton, Virginia and Warrenton Parks & Recreation was awarded the Healthy Eating and Active Lifestyle (HEAL) Gold award for our local policies and promotion of healthy eating and active lifestyle in our town. Initiatives such as WARF on Wheels, Commit to be Fit Employee Wellness, Healthy Meeting, and Healthy Vending contributed to

Inclement Weather Closures and Delayed Openings



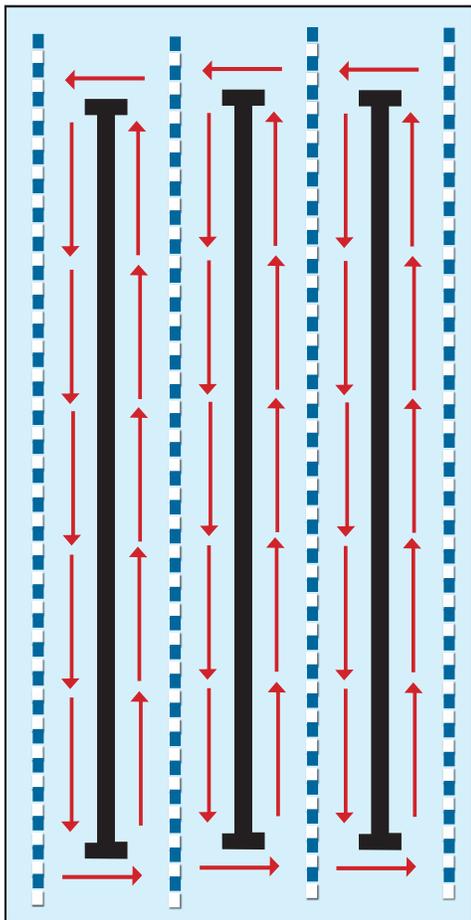
We post closures, delayed openings and/or program and class cancellations on www.cancellations.com. (Search "WARF" under org name.)



LAP LANE ETIQUETTE

Swimming laps is one of the many great ways to get in shape at the WARF. Here are some lane etiquette tips to keep in mind:

- Before choosing a lane, take a minute to observe the swimmers in the pool. Try to pick a lane with swimmers of similar speed and skill to yours.
- When there are more than two people in a lane, circle swimming is required. If there are only two



When sharing a lane with others, stay to the right and swim in a counter-clockwise pattern, as shown.

- If you are approaching the wall and another lap swimmer is swimming at a faster rate than you are, pause at the wall to allow the faster swimmer to go by.

- Always start, turn and finish at the wall. This will enhance your fitness and keep clear communication within the lane.

people in a lane, they have the option of splitting a lane.

- Just like on the road, stay to the right. Swim in a counter-clockwise motion and leave the middle of the lane open.

• Always swim complete laps of the pool. Avoid stopping in the middle of the pool for any reason. This can interfere with other swimmers and cause collisions.

- Stop only at the wall and once stopped, stay in the corner of the lane, preferably the left hand corner.

NOVEMBER ADVISORIES

The WARF hosts a wide variety of swim meets in our Competition Pool, including US Swim Meets. Please pardon our pool/facility closures during these times. The following upcoming closures are listed below.

November 18, 2016

THE COMPETITION POOL
will close at 7pm

The leisure pool and fitness room will remain open. Please allow extra time for parking during swim meet season.

		Lane Availability November 7 - December 21, 2016								
		WARRENTON AQUATIC & RECREATION FACILITY								
		Numbers under times of day indicate number of available lanes in Competition Pool at those times. Subject to change without notice.								
	Mon	Tue	Wed	Thu	Fri	Sat	Sun			
5:00 AM			6		6			5:00 AM		
5:30 AM	6							5:30 AM		
6:00 AM	3		3		3			6:00 AM		
6:30 AM	7	10	7		7			6:30 AM		
7:00 AM								7:00 AM		
7:30 AM	10		10		10			7:30 AM		
8:00 AM	8		8	10				8:00 AM		
8:30 AM					8	6		8:30 AM		
9:00 AM	7	8	7		7	3		9:00 AM		
9:30 AM								9:30 AM		
10:00 AM	8		8		8	8		10:00 AM		
10:30 AM								10:30 AM		
11:00 AM								11:00 AM		
11:30 AM		10		8				11:30 AM		
12:00 PM								12:00 PM		
12:30 PM	10		10					12:30 PM		
1:00 PM				10	10	10	9	1:00 PM		
1:30 PM								1:30 PM		
2:00 PM		7		7			10	2:00 PM		
2:30 PM		5	8	5			8	2:30 PM		
3:00 PM	6	4	4	4			6	3:00 PM		
3:30 PM	2	2	2	2				3:30 PM		
4:00 PM					6	9	5	4:00 PM		
4:30 PM								4:30 PM		
5:00 PM					3	10	6	5:00 PM		
5:30 PM	3		3					5:30 PM		
6:00 PM					2			6:00 PM		
6:30 PM		3		3				6:30 PM		
7:00 PM	1		1	3	5			7:00 PM		
7:30 PM								7:30 PM		
8:00 PM	3		3		10			8:00 PM		
8:30 PM								8:30 PM		
8:45 PM	4		4					8:45 PM		

LAST WEEKEND OF OCTOBER HIGHLIGHTS

FRIDAY NIGHT TRUNK-OR-TREAT FUN



HAPPYFEST PARADE BROUGHT OUT A CROWD



WEEKEND BLITZ BUILD WAS A HUGE SUCCESS





YOGA WORKSHOP

with Monica

November 12, 2016 11:30am-1:00pm - "Yoga 108"

Take your yoga beyond the "101" level as we will tap into sun salutations and why they are done 108 times for the start of each year and the beginning of each season. This pre-holiday time is the best time to maintain your calm, yet keep your strength. All levels are welcome and participants should expect to move up and down off their mat several times during workshop. Registration closes Wednesday, November 9, 2016.

Don't miss YOGA with Monica - Register Today!



WILLOWLYN FARMS PRODUCE

Owner Matt Eustace will be here in the WARF parking lot in the Spring of 2017, not only as a CSA produce subscription drop off location, but also set up to sell fresh produce on Tuesdays from 4:00 p.m. - 7:00 p.m. starting in May and ending November. Sign up by December 31st to buy a season share of weekly fresh produce. As a WARF member you will receive 10% off. Go to www.willowlynfarms.com and sign up today! Any questions you can email him at matt@willowlynfarms.com.



RECIPE CORNER

SPICY GRILLED SHRIMP WITH QUINOA SALAD

Cooking Light, June 2013
 Makes 4 servings
 Per serving:
 392 calories
 17.2g fat
 24.2g protein
 36.4g carbs
 6.3g fiber



Ingredients:

1/4 cup fresh lime juice, divided
 8 tsp. olive oil
 2 tsp. chili powder
 1 tsp. ground cumin, divided
 1/4 tsp. black pepper
 1/4 tsp. hot pepper sauce
 1/8 tsp. Spanish smoked paprika
 4 garlic cloves, chopped and divided
 24 large shrimp, peeled and deveined (about 1 lb.)
 3/4 cup uncooked quinoa
 1/2 cup chopped onion
 1 cup water
 1/2 tsp. kosher salt, divided
 1/2 tsp. honey
 1 cup cherry tomatoes, halved
 1/2 cup canned organic chickpeas, rinsed and drained
 1/2 cup diced peeled avocado
 1 oz. feta cheese, crumbled
 Cooking spray
 1/4 cup chopped fresh cilantro

Directions:

1. Preheat grill to high heat.
2. Combine 2 tbsp. lime juice, 1 tbsp. olive oil, chili powder, 1/2 tsp. cumin, black pepper, hot sauce, paprika, and 2 garlic cloves in a medium bowl. Add shrimp; toss well. Marinate in refrigerator 30 minutes.
3. Rinse and drain quinoa. Heat 1 tsp. oil in a large saucepan over medium-high heat. Add onion to pan; saute 3 minutes. Add remaining 2 garlic cloves and quinoa; cook 2 minutes, stirring constantly. Add 1 cup water; bring to a boil. Cover, reduce heat, and simmer 13 minutes or until liquid is absorbed. Cool. Combine remaining 2 tbsp. lime juice, remaining 1/2 tsp. cumin, 1/4 tsp. salt, and honey in a large bowl; stir with a whisk. Add quinoa mixture, tomatoes, chickpeas, avocado, and cheese; toss gently.
4. Remove shrimp from bowl; discard marinade. Sprinkle shrimp with remaining 1/4 teaspoon salt. Thread 3 shrimp onto each of 8 (6-inch) skewers. Place skewers on grill rack coated with cooking spray. Grill 2 minutes on each side or until done.
5. Divide quinoa mixture evenly among 4 plates. Top each serving with 2 skewers. Garnish with cilantro.

7 BEST FOODS FOR A HEALTHY IMMUNE SYSTEM

From The Commonwealth Weekly

Your diet can give your disease-fighting cells some ammunition. When you're battling an autoimmune disease, like rheumatoid arthritis (RA), lupus, or psoriatic arthritis, the right foods can play a part in your care. One way to help an immune system that's overworked is to eat a well-balanced, healthy diet, says Monica Piecyk, MD, a rheumatologist at New England Baptist Hospital and an instructor at Harvard Medical School. A healthy diet starts with fruits, vegetables, and whole grains and also includes low-fat dairy and protein. Add in these specific foods to bolster your immune system.

Reach for Zesty Ginger - The phytonutrients in the zesty ginger root have therapeutic benefits for people with RA, according to a review published in 2014 in the journal *Arthritis*. The Arthritis Foundation recommends grating a tablespoon or two of fresh or dried ginger and sprinkling it on salad or veggies. Or brew a cup of ginger tea by placing one or two teaspoons of grated ginger in a pot of hot water. The National Center for Complementary and Integrative Health states that ginger is safe in small doses, but beware if you take blood-thinning medication like Coumadin (warfarin). Ginger itself can act as a natural blood thinner, so tell your doctor before adding it to your shopping list.

Eat a Bounty of Beans - Red, pinto, navy, and black beans have a place in your immunity-boosting, anti-inflammatory diet for arthritis. Beans are an excellent source of protein, which plays an important role in building cells, including those of your immune system. Beans are also loaded with nutrients such as folate and other B vitamins, potassium, magnesium, and fiber. Try a three-bean chili, or add beans to soups and salads.

Opt for Yogurt with Probiotics - Probiotics, found in foods like yogurt, are friendly bacteria that can boost your immune system, but you need to have some every day to get the benefit.

Go Green - Dark green leafy vegetables such as kale, spinach, and Swiss chard are great immune-boosting foods and should be on your healthy RA menu frequently, if not daily. Here's why: They contain high levels of the vitamins C, K, and folate, which are all good immune system boosters. Also, the darker the leaf, the more antioxidants it has. Antioxidants help keep you healthy by neutralizing free radicals, unstable molecules that

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SPECIAL WATER SLIDE HOURS IN NOVEMBER

Our water slide hours will be 1pm - 5:45pm on Tuesday, November 8, 2016, Wednesday, November 23, 2016, and 1pm - 8:45pm on Friday, November 25, 2016. No \$2.00 Tuesday on November 8th-schools closed.

Be on the lookout for the WARF's

Black Friday Special

To be announced on Facebook and in the Times Newspaper first.

Like us on Facebook!



THANKSGIVING HOURS:

Wednesday, November 23, 2016 5am - 6pm
Thanksgiving Day - CLOSED
Friday, November 25, 2016
normal hours 5am - 8:45pm



CHRISTMAS HOURS:

Christmas Eve
Saturday, December 24, 2016 8am - noon.
Christmas Day - CLOSED
Monday, December 26, 2016
normal hours 5am - 8:45pm

NEW YEARS HOURS:

New Years Eve
Saturday December 31, 2016 8am - noon
New Years Day - CLOSED



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RESTROOM CLOSINGS

Our park restrooms will close for the Winter on Monday, November 14th. Athey Fields restrooms will close on Monday, November 21st. All will reopen in the Spring.

2016 WARRENTON CHRISTMAS PARADE

Start planning now to attend the best nighttime Christmas parade in the area Friday, December 2, at 6 pm in Old Town Warrenton. Join your friends and neighbors for this amazing nighttime Christmas parade complete with bands, floats with spectacular Christmas lights, performers, fireworks, and a lot of holiday spirit.



REGISTER FOR BLOCK 3... WINTER SWIM LESSONS

Registration is open on November 4, 2016 for Winter Swim Lessons. Lessons are available for all ages and ability levels. Private swim lessons are also available. Take a look at our Aquatics Booklet to see our many offerings. The Aquatics Booklet is available at the Front Desk & Online at www.swimwarf.com, go to www.warfonline.com to register.

your body produces every day and that can damage your cells. Talk with your doctor if you're on a blood thinner to avoid a negative interaction between the drug and the vitamin K in greens.

Get a Boost with Extra-Virgin Olive Oil - Two or three tablespoons of extra-virgin olive oil each day can provide an immune system boost because olive oil has anti-inflammatory properties and is a good source of antioxidants. Look for extra-virgin olive oil, the first press of the olives with the highest concentration of antioxidants. Drizzle it on salads or over your steamed veggies, and use it in recipes instead of saturated fats like butter.

Add Fish to the Menu - Put fatty fish such as salmon, mackerel, and herring on your menu. In fact, the Arthritis Foundation recommends eating fish two to three times a week. Also talk with your rheumatologist about whether fish oil capsules can help you get the recommended amounts of omega-3s, the fatty acids found in these fish. Fish oil also addresses two goals of good arthritis management: It not only decreases inflammation but may also boost the immune system.

Go Green with Tea, Too - Make it green tea time to boost your immune system. A lab study published in Arthritis Research & Therapy in 2014 found that a polyphenol present in green tea has protective health benefits and may slow the progression of osteoarthritis, a common type of arthritis associated with aging. But know that you'd need to drink about eight cups throughout the day to keep your polyphenol levels steadily elevated, according to the Arthritis Foundation.

www.commonhealth.virginia.gov

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