



# The Y & MRC News

McPherson Family YMCA  
McPherson Recreation Commission

220 N. Walnut St., McPherson, KS 67460  
www.ymca-mrc.org



June 2018

### Calendar

The Y and MRC Summer Brochures are out! Take a look at all the great activities and camps and sign up today!

June 4th: Youth T-ball, Baseball & Softball games start this week!

June 18th: Happy Father's Day!

Do you have toys, games, or books that your kids no longer use?

We are accepting gently, used toys and games for Toddler Time & YKids.

If you would like to donate toys, drop them off at the front desk to give to Bre Moses.



*"Desire is the key to motivation, but it's determination and commitment to an unrelenting pursuit of your goal - a commitment to excellence - that will enable you to attain the success you seek."*

- Mario Andretti

### Member Spotlight: Marie Wheaton



Marie grew up in Belleville and has been married to husband Jeff since 1980. They have two grown daughters, Jessica Johnson and Andrea Hundley. Marie and her husband are very blessed to have 6 grandsons and 2 granddaughters all from McPherson. Marie and her family moved to the McPherson area over 23 years ago residing in Lindsborg until December of last year when they moved to McPherson.

Marie is an active member in the community where she is involved in the 1st Mennonite Church, she is on the MCFC board as fundraising chairperson, she is a member of the McPherson Leadership board and has been on the YMCA Togetherhood® Committee for the past year and a half serving as the chairperson. With the help of the community and the YMCA board, the Togetherhood® commit-

tee has done several community service projects with positive results. They are currently working on a "blessings" box to be used for people in need that will be located outside the YMCA.

Marie has a degree in Early Childhood from Cloud County Community College. She served as the director for Sunshine Preschool for several years. She is currently employed by Ferguson Production, Inc. as Quality

and Inventory Manager, where she has worked for the past 18 years.

Marie has been an active member of the YMCA for the past 20 years. She spends a lot of time in the pool at the Y where she has made many friendships over the years. It is the friendships that she has made that keeps her active at the Y. People at the Y really care for and about each other! Being a member of the YMCA has also improved her overall health. She spends her lunch hour running in the pool.

### Employee Spotlight: Ivanna Moyer

My name is Ivanna Moyer, and I have lived in McPherson my whole life. I just graduated from McPherson College with an elementary education degree and have accepted a job teaching 5th grade in Salina, KS. I love volunteering and working with children.

I have been working at the YMCA for four years and this will be my ninth year working for MRC. I do various jobs within the YMCA, for instance: helping with youth sports, Ykids, and toddler time, but



the biggest job I have at the Y is being the head lifeguard and help teaching swim lessons. I, also, am the Head Aquatics Manager at the Water Park during the summer. I am so thankful that I started working here because I have

learned so many lessons over the years. I love the people I get to work with, but my ultimate favorite part of working here is the interaction I get with the members and patrons at the water park. I love helping young children learn and grow to be better people while the members older than me help me learn and

grow to be a better more caring person.

**Did you know?** A brain freeze is really a sphenopalatine ganglioneuralgia. It happens when you eat or drink something that's cold. It chills the blood vessels and arteries in the very back of the throat, including the ones that take blood to your brain. These constrict when they're cold and open back up with they're warm again, causing the pain in your forehead. <https://www.healthline.com/health/fun-facts-about-the-brain#2>

## Meet HEPA: Sugar

### HEPA Standard

Provide foods that don't list sugar (e.g., sugar; invert sugar; brown sugar; words ending in -ose; and syrups like high fructose corn syrup, honey, etc.) as one of the first three ingredients or that contain no more than 8 grams of sugar per serving.

### Why Not Sugar

- The American Heart Association has recommended that Americans drastically cut back on added sugar to help slow the obesity and heart disease epidemics. (Harvard School of Public Health)
- There's no nutritional need or benefit that comes from eating added sugar. (Harvard School of Public Health)
- Americans eat about 20 teaspoons of sugar a day according to a report from the 2005–10 NHANES (National Health and Nutrition Examination Survey) database. Teens and men consume the most added sugars. Average daily consumption for men: 335 calories, women: 230 calories, boys: 362 calories, girls: 282 calories. (American Heart Association)

2018 YMCA of the USA

## Ghee Whiz: have you tried this butter?

Ghee has long been a staple in Indian Cooking. Ghee (gê) is butter with the water and milk solids removed. It's almost completely lactose free and useful in a dairy free diet. Other benefits? It's rich in butyric acid, which can aid in digestion and protect the intestinal wall. It can be cooked at higher temperatures than most fats and oils. And studies show that ghee doesn't tend to raise cholesterol. While potentially more healthful than regular butter, ghee has saturated fat, so use it sparingly.

Sources: Cleveland Clinic, Harvard Health Letter & Hope Health Letter



**Did you know that 10 minutes of jumping rope is roughly equivalent to running an 8-minute mile.**

Jumping rope for 10 minutes at 120 RPM produces the same cardiovascular fitness as the following activities:

- Cycling:** 2 miles in 6 minutes
- Handball:** 20 minutes
- Jogging:** 30 minutes at a moderate pace
- Running:** 1 mile in 10 minutes
- Swimming:** 720 yards in 12 minutes
- Tennis:** 90 minutes (singles)

## Bacon Cheeseburger Cauliflower Casserole

Prep Time: 30 minutes

Cook Time: 35 minutes Servings: 10

By: Brenda Bennett "Sugar-Free Mom"

### Ingredients

- 1 head of cauliflower or about 6 cups of florets
- 1/3 cup (40 g) coconut flour or choice flour
- 1/4 tsp salt
- 6 oz uncured reduced sodium bacon
- 1 1/2 lbs ground beef, turkey or chicken
- 1 tsp onion powder
- 1 tsp oregano
- 1 tsp garlic powder
- 1/2 tsp pepper

### Sauce

- 1 tbsp. coconut flour or choice flour
- 1 1/2 cups heavy cream
- 2 tbsp. yellow mustard
- 8 oz sliced organic 100% cheddar cheese



### Instructions

1. Steam the cauliflower until fork tender.
2. Place into a food processor & pulse until resembles rice.
3. Set aside in a bowl to cool then add the flour & salt. Mix well
4. Cook the bacon in a large skillet until moderately cooked, but not crisp
5. Remove bacon with a slotted spoon to keep bacon juice in the skillet.
6. Transfer bacon to a paper towel lined plate to cool. Once cool chop into pieces.
7. Add the ground beef to the same skillet & cook until brown.
8. Add the onion powder, oregano, garlic powder, salt, pepper and mix well.
9. Remove beef with a slotted spoon & transfer into a bowl.
10. Preheat oven to 350°F.
11. For the sauce: add the butter to the same skillet & stir in the flour over low heat. Cook until the flour has absorbed

the butter and then add heavy cream and mustard.

### Assembly

1. Place 1/2 cup of the sauce to the bottom of a 9x13 baking dish.
2. Spread the cauliflower mixture on the bottom as evenly as possible.
3. Place 4 oz of sliced cheddar over the cauliflower.
4. Spread the ground beef over the slices evenly.
5. Pour half of the remaining sauce over the beef.
6. Place the remaining cheddar slices over the sauce.
7. Pour the remaining sauce over the top & sprinkle with bacon.
8. Cover & bake 20 minutes.
9. Uncover & bake an additional 5 minutes.
10. Allow to cool out of the oven for about 15-20 minutes before slicing & serving.

<https://www.sugarfreemom.com/recipes/bacon-cheeseburger-cauliflower-casserole/>