

RAC Happenings

Nutritional Nugget

Got Milk? Grass Fed Milk?

by [Lourdes Castro, MS, MD](#)

Question: I recently saw a carton of milk labeled "Grass-Fed Milk." Is that simply organic milk from cows that are pasture raised? Is there anything I should know about it?

Answer: Grass-fed milk, or grass milk, is organic milk that comes from cows that are fed mostly grass and never corn, soy or other grains. ("Pasture raised" simply means the cows grazed for a minimum of 120 days on pasture.) In addition, grass-fed milk is minimally processed, which means it is not homogenized (cream will be floating on top) and is only lightly pasteurized (it may have a shorter shelf life grass-fed). Despite all of this, after being stirred to emulsify the cream, grass-fed

milk tastes just like regular milk.

Grass-fed milk is relatively new to the market and has been well received by health-conscious consumers who are drawn to minimally processed products that they feel have simpler ingredients. Keep in mind that while there are federal regulations to protect standards for grass-fed beef and certified organic products, there are no regulations in place for grass-fed dairy.

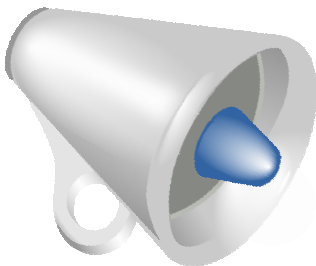
NUTRITIONAL BENEFITS

There is certainly a case to be made for the environmental and agricultural benefits of grass-fed dairy; however, its nutritional advantages are still being sorted out. The main benefit seems to be a higher omega-3 fatty acid content. And while grass-fed

milk definitely has more omega-3 fatty acids than conventional/nonorganic milk does, the fatty-acid levels in organic milk can be similar to those in grass-fed milk—and both have less than omega-3 fortified milk.

BOTTOM LINE

Grass-fed milk and nonfortified organic milk are decent sources of omega-3 fatty acids but do not contain enough to make a big difference in intake. And remember, low-fat and skim versions offer negligible amounts of these fatty acids. Ultimately, choose grass-fed milk for its texture (many people prefer the mouth-feel of nonhomogenized milk) and for the fact that it is minimally processed and better for the environment.



**YOU SPOKE!
WE LISTENED!**
Coming soon to the RAC
*Internet
*Morning Barre Class
*Zumba
*More Yoga classes
*Longer coffee hours

The RAC
530 North Freedom
Street
Ravenna, Ohio 44266
330-298-1201
www.ci.ravenna.oh.us
Frank Seman
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Director
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Program Coordinator



OPPORTUNITIES for FUN and CREATIVITY this FALL

We are privileged to offer the Ravenna and the surrounding community opportunities this fall to seek and find all types of recreational and healthy living classes.

One of those opportunities is an Improv and Acting Workshop on October 14th. This workshop is for kids ages 7-99 years young. You will Laugh, Learn and Perform in fully-immersive experience! Our guest instructor will be JW Myers. JW is not only an accomplished actor, but he has also directed and produced films such as “A Christmas Tree Miracle” and “The Pledge” He can currently be heard on The Movie Brewdio’s podcast .

To register for this workshop, or any of the other fall programs visit ci.ravenna.oh.us or stop by the Parks and Recreation Dept. Mon-Fri 8:15-4:15.

OTHER RECREATIONAL ACTIVITIES THIS FALL

YOUTH

Jazz Dancing
Soccer Tune-Up Clinic
Soccer Teams
Volleyball Clinic
Guitar Lessons

ADULT

Belly Dancing
Paint and Sip
Turning your passion into profit
Lean and Clean Eating
Yoga Day Retreat



Mark your calendar for the Paint and Sip event on Oct 18th at the Center of Hope.

Registrations are now opened at www.artbreakexperience.com



Kathy's Vegan Carrot Dogs

Peel or clean carrots that are about the same size as a hot dog. Cut into the length of a hot dog bun.

Steam carrots for about 15 minutes to tenderize. Carrot should still be slightly crisp but can be pierced with a fork.

Marinate carrots for at least 4 hours, 1-2 days is better.

Marinade

Adjust ingredients based on the amount of carrots you wish to marinate. Below are the basic ingredients but feel free to experiment with spices and flavors.

½ cup olive oil

½ cup soy sauce

1 T liquid smoke

2 T ginger, minced

1 T black pepper

Grill or fry in a pan. Serve on a bun with your favorite condiments

INTRODUCING DEMO DAYS

While we undergo some Capital Improvements and upgrades, we will be offering Demo Classes and Specialty Events

Group Fitness Class Changes are listed on the back page

RIDDLES

1. WHY DID THE ORANGE ROLL ONLY HALF WAY DOWN THE HILL?
2. WHAT IS A CAT'S FAVORITE COLOR?
3. WHAT DID ONE EAR SAY TO THE OTHER?
4. HOW DOES A COW TRAVEL TO THE MOON?
5. WHAT WAKES UP A ROOSTER?
6. WHY DO HAMBURGERS TASTE BETTER IN OUTER SPACE?



The RAC hours on Monday September 4th, will be 8am-12pm

All classes are canceled for the holiday

CPR/AED TRAINING

August 19th, 10am-2pm

Fee: \$25

at the RAC
Spaces are limited



dreamstime.com

7-days Free!

Present this pass to the front desk of the Ravenna Athletic Center at 530 N. Freedom St. and receive a 7 day fitness pass free.



Compliments of:
Ravenna Parks & Recreation

First time customers only. Offer expires October 18, 2017

AUGUST 2017

Classes are FREE with your paid membership or with your paid drop-in fee when the class is scheduled.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JULY 30 CLASS CANCELED CYCLING ROOM UNDER CONSTRUC- TION	JULY 31 AM 6:30 Boot Camp w/Glynis 9:00 Pilox w/ Judy 11:15 Silver Classic w/Jewel PM 5:00 Barre X-Press w/Judy 5:30 Tabata w/Rhianna	1 AM 6:30 Boot Camp w/ Glynis *9:00 Barre Demo w/Judy 10:00 Low & Go w/Judy 10:30 Equipment Orientation w/Kathy *11:00 Barre Demo w/Judy PM 5:00 Pilox w/Judy	2 AM 6:30 Boot Camp w/Glynis 9:00 Silver Classic w/Karen *10:00 Trainer Talk & Walk (weather permitting) w/Judy PM 12:15 Yoga Basic w/Cyndi 6:30 Power Yoga w/Glynis	3 AM 6:30 Boot Camp w/ Glynis 9:00 Silver Yoga w/ Karen 10:00 20/20/20 w/Judy PM 4:15 Pilates Plus w/Judy	4 AM 6:30 Boot Camp w/Glynis 9:00 TBW w/ JoAnn 11:15 Silver Circuit w/Judy 12:15 Yoga w/ Charlotte	5 AM 9:00 Strength and Stretch w/JoAnn
6 AM CLASS CANCELED CYCLING ROOM UNDER CONSTRUC- TION	7 AM 6:30 Boot Camp w/Glynis 9:00 Pilox w/Judy 11:15 Silver Classic w/ Jewel PM 4:15 Cycle X-Press w/Judy 5:00 Barre X-Press w/Judy 5:30 Tabata w/Rhianna	8 AM 6:30 Boot Camp w/ Glynis 9:00 Cycle X-Press w/Judy 10:00 Low & Go 10:30 Equipment Orientation w/Kathy PM 5:00 Pilox w/Judy 5:30 Cycle w/Glynis	9 AM 6:30 Boot Camp w/Glynis 9:00 Silver Classic w/Karen PM 12:15 Yoga Basic w/Cyndi *5:15 Cycle&Stretch w/Emily 6:30 Power Yoga w/Glynis	10 AM 6:30 Boot Camp w/Glynis 9:00 Silver Yoga w/Karen 10:00 20/20/20 PM 4:15 Pilates Plus w/Judy 5:30 Cycle w/ Brenda	11 AM 6:30 Boot Camp w/Glynis 9:00 TBW w/ JoAnn 11:15 Silver Circuit 12:15 Yoga w/ Charlotte	12 AM 9:00 Boot Camp Light w/JoAnn
13 AM 10:00 Cycle w/Malia	14 AM 9:00 Pilox w/Judy 11:15 Silver Classic w/Jewel *12:15 Trainer Talk and Walk* w/Judy PM 4:15 Cycle X-Press w/Judy 5:00 Barre X-Press w/Judy 5:30 Tabata w/ Rhianna	15 AM 9:00 Cycle X-Press w/Judy *10:00 Trainer Talk & Walk (weather permitting) w/Judy 10:30 Equipment Orientation w/Kathy *11:30 Barre Demo w/Judy PM 5:00 Pilox w/Judy 5:30 Cycle w/Glynis	16 AM 9:00 Silver Classic w/Karen *10:00 Cycle X-Press PM 12:15 Yoga Basic w/Cyndi *5:15 Cycle&Sculpt w/Emily 6:30 Power Yoga w/Glynis	17 AM 9:00 Silver Yoga w/ Karen 10:00 20/20/20 w/ Judy *11:30 Barre Demo w/Judy PM 4:15 Pilates Plus w/Judy 5:30 Cycle w/ Brenda	18 AM 9:00 TBW w/JoAnn 11:15 Silver Circuit w/Judy 12:15 Yoga w/ Charlotte	19 AM 9:00 TBW w/JoAnn 10:00 CPR/AED certification *\$25 fee required, space limited
20 AM 10:00 Cycle w/Malia	21 AM 9:00 Pilox 11:15 Silver Classic w/Jewel PM 4:15 Cycle X-Press w/Judy 5:00 Barre X-Press w/Judy *5:30 Boot Camp w/Rhianna	22 AM 9:00 Cycle X-Press w/Judy 10:00 Low & Go w/ Judy 10:30 Equipment Orientation w/Kathy PM 5:00 Pilox w/Judy 5:30 Cycle w/Glynis	23 AM 9:00 Silver Classic w/Karen PM 12:15 Yoga Basic w/Cyndi *5:15 Cycle&Stretch w/Emily 6:30 Power Yoga w/Glynis	24 AM 9:00 Silver Yoga w/ Karen 10:00 20/20/20 w/ Judy PM 4:15 Pilates Plus w/Judy 5:30 Cycle w/ Brenda	25 AM 9:00 TBW w/JoAnn 11:15 Silver Circuit w/Judy 12:15 Yoga w/ Charlotte	26 AM 9:00 Core and More w/JoAnn
27 AM 10:00 Cycle w/Malia	28 AM 9:00 Pilox 11:15 Silver Classic w/Jewel PM 4:15 Cycle X-Press w/Judy 5:00 Barre X-Press w/Judy 5:30 Tabata w/ Rhianna	29 AM 9:00 Cycle X-Press w/Judy 10:00 Low & Go w/ Judy 10:30 Equipment Orientation w/Kathy PM 5:00 Pilox w/Judy 5:30 Cycle w/Glynis	30 AM 9:00 Silver Classic PM 12:15 Yoga Basic w/Cyndi *5:15 Cycle&Sculpt w/Emily 6:30 Power Yoga w/Glynis	31 AM 9:00 Silver Yoga w/ Karen 10:00 20/20/20 w/ Judy PM 4:15 Pilates Plus w/Judy 5:30 Cycle w/ Brenda	Sept 1 *denotes Demo Class	Sept 2



A friendly reminder ~ Don't forget to bring a water bottle with you!!