

THE WATER LINE

NEWS FROM PLAINFIELD, APRIL 2014

Splash Island to Open May 24

After the long winter, it's nice to think of summer arriving, and with it, SPLASH ISLAND! The Splash Island Family Waterpark will have its grand opening for the outdoor summer season on Saturday, May 24 at 10 a.m. Hours for the Memorial Day weekend will be Saturday, 10 a.m. to 6 p.m.; Sunday, noon to 6 p.m.; and Monday, 10 a.m. to 6 p.m. The park will then be closed Tuesday, Wednesday, Thursday and Friday of that week due to schools still being open. Starting Saturday, May 31, Splash Island will begin its daily operation through Tuesday, August 5. Every Wednesday will have a "Wet Wednesday" celebration with evening hours from 7 to 10 p.m. featuring surprise visits, specials on food items, and more.

"We are looking forward to hosting our summer guests again this year and hoping for a record-breaking season," said Clay Chafin, Director of Parks & Recreation. "People always ask "What's new?" and this year we're pleased to announce the Leisure Pool is heated! The Leisure Pool is the zero-depth entry pool that contains the giant tipping bucket, not to be confused with Leisure River. So even on those days when the air temperature feels a bit nippy to you but your kids want to get in, you can play with them in the Leisure Pool and enjoy warmer water."

Also, since Splash Island is celebrating its 10-year anniversary, there will be special activities and surprises. "The actual date for



New this year: the Leisure Pool, which includes the area around our 500-gallon tipping bucket, is HEATED!

our 10th year anniversary is Sunday, June 15," said Chafin. "Watch for a special event on that day, but we'll also be celebrating throughout the summer so keep an eye out for surprises. Some may be unannounced, so those who happen to be there will be the ones who can take advantage of them.

"One thing we can announce is that on opening day, HANK-FM will be here for an hour giving away tickets to the Jason Aldean concert that night at the Indianapolis Motor Speedway. That's a prize you won't want to miss out on. Plus, in connection with HANK-FM, we'll be giving folks all over the listening area a chance to win a "family reunion" prize package at Splash Island. The contest runs June 2 through 15. Listen to HANK-FM for details and to enter." *(continued on back)*

PARKS & REC SPECIAL!

Buy-one get-one free admission to Splash Island

Valid May 24 - September 1, 2014



Chafin noted two other items as well. "Because the Town and Guilford Township have extended their Health Initiative agreement this year, Guilford Township residents who don't live within Plainfield town limits will continue to be eligible for memberships at reduced prices," he said. "Also, we'll have new paved parking available to accommodate Splash Island patrons. Last year we had some gravel parking north of the water park; this year that area will be paved."

Fire Territory Hosts its own "Biggest Loser" Contest

When New Year 2014 rolled around, Lt. Kathy Dykins of the Plainfield Fire Territory was like many of us, thinking about her weight and health. "I wanted to have motivation for my own weight loss and figured if I could get a good and healthy start on the New Year, it'd help me," she said. So she did something about it. She and Firefighter Kylie Purkey organized a "Biggest Loser" - type contest for their department, uncertain how it would be received.

They were surprised by the response. More than half of the 70 members of the Fire Territory across all shifts and all three stations participated. Dykins credits Purkey with handling the heavy work. "She kept all the numbers, took all the body fat percentages, and emailed the spreadsheet to everyone so they could keep track."

The two winners, like Dykins, were from the "C" shift at Station 123. The shift already had a reputation for taking their diet a little more seriously than other shifts. "In general we eat healthy," says James McDermott, one of the two winners. "The other shifts kid us because we rarely do pizza or pasta."

But still they had to step it up for the contest. "We know what we eat here at the station," said Andrew Carman, the other winner, "but we had to do a better job outside of work staying on task."

Carman won the weight loss challenge by losing 45 pounds over the 12 weeks. McDermott won the body fat challenge, dropping from 15% body fat to 8%. The two worked together during the contest.



Andrew Carman (left) and James McDermott won the Fire Territory's "Biggest Loser" contest. Carman lost the most amount of weight (45 pounds) in the 12-week period, while McDermott lost the most body fat, going from 15% to 8%.

Of course, diet wasn't the only aspect. They also were stricter in their exercise program. "We ran two miles every day," says McDermott, "and we changed up our workout, did a little extra. We're competitive people, so that was helpful. They [the organizers] weighed us in and measured us, and that helped motivate."

The official weigh-in scale was at Station 123, so competitors from other stations made time to come in when they wanted to see where they stood. Overall, the Fire Territory lost 264 pounds and 51% body fat.

Dykins didn't win, but she said the contest was a success for her in that she lost weight. "I worked out a little harder, was a little more committed, and watched my diet a little closer."

McDermott and Carman said their secret was cutting carbohydrates. Carman said he aimed for less than 100 grams of carbs/day; McDermott gunned for zero carbs, though he admitted it was nearly impossible to do since vegetables have at least a few carbs. "Eat all the meat and vegetables you want," McDermott advised.

Dykins said she counted carbs but ate fruit over the 12-week period, which the two men didn't. "I ate egg white omelets, cutting the yolk to limit my fat intake, and allowed myself two servings of fruit a day." Fruit, while a carbohydrate like vegetables, contains fructose, a type of sugar, which the men tried to avoid.

Of course, all advocated exercise as being important to weight loss as well.