

MSD Pulse



Moscow School District

Message from the Wellness Committee

National Public Health Week April 6-12th

During the first full week of April each year, the American Public Health Association bring together communities across the United States to observe National Public Health Week as a time to recognize the contributions of public health and highlight issues that are important to improving our nation. For nearly 20 years, APHA has served as the organizer of NPHW.

Every year, the Association develops a national campaign to educate the public, policymakers, and practitioners about issues related to each year's theme. APHA creates new NPHW materials each year that can be used during and after NPHW to raise awareness about public health and prevention. Below is a list of the daily themes being covered throughout the NPHW week.

Monday April 6th

Raising the Grade

Tuesday April 7th

Starting from Zip

Wednesday April 8th

Building Momentum

Thursday April 9th

Building Broader Connections

Friday April 10th

Building on 20 Years of Success

April 2015

Volume 4, Issue 11

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About the editor

Hello,

My name is Jamie Schultz. I am a senior physical education major at the University of Idaho. During my free time I like to do pretty much anything outdoors including: hiking, fishing, golfing, or snowboarding! I hope that you all have a wonderful April!



Here comes the Sun!

Spring 2015 has arrived and this means that the sun will be shining with all of these beautiful warm temperatures! It is very important to remember that getting too much sun can have adverse health risks associated with not protecting yourself from the sun.

Here are some tips that are recommended for protecting yourself from the sun:

- **Cover yourself:** Wear tightly-woven clothing that blocks out light.
- **Use sunscreen:** A sun protection factor of at least 15 blocks 93% of UV rays. You want to block both UVA and UVB rays to guard against skin cancer. Be sure to follow application directions on the bottle.
- **Wear a hat:** A wide brim hat (not a baseball cap) is ideal because it protects the neck, ears, eyes, forehead, nose, and scalp.
- **Wear UV-absorbent shades:** sunglasses do not have to be expensive, but they should block 99 to 100 percent of UVA and UVB radiation.
- **Limit exposure:** UV rays are most intense between 10 a.m. and 4 p.m. If you're unsure about the sun's intensity, take the shadow test: If your shadow is shorter than you, the sun's rays are the day's strongest

<https://www.osha.gov/Publications/OSHA3166/osha3166.html>



Bee Sting First Aid

One thing that I have noticed is the early arrival of bee's and wasp's in our area. With that in mind, it is important to know the first aid that accompanies bee stings.

- Remove any stingers immediately. Some experts recommend scraping out the stinger with a credit card
- Applying ice to the site may provide some mild relief. Apply ice for 20 minutes once every hour as needed.
- Taking an antihistamine such as Benadryl or a non-sedating one such as Claritin will help the itching.
- Take ibuprofen or acetaminophen for pain relief as needed.
- Wash the sting site with soap and water and place an antibiotic ointment on the site.
- If it has been more than 10 years since your last tetanus booster, get a booster within the next few days.

<http://www.webmd.com/first-aid/bee-and-wasp-stings-treatment>



Helpful Hint!

There are many free first aid apps available through the app store!

Staff Spotlight

Stephanie Sant

Music Department

**McDonald Elementary
School and Moscow High
School**



I would personally like to thank Mrs. Sant for allowing me to interview her for April's issue of the Moscow School District Pulse. Mrs. Sant teaches Movement at McDonald Elementary School and Choir at Moscow High School. She also coaches track at Moscow Middle School.

With the spring weather arriving what are some of your favorite outdoor activities to do around Moscow?

I like to run, bike, take walks, and hike around Moscow.

What are some of your favorite healthy foods?

Some of my favorite healthy foods include almonds, peanuts, fresh fruits, fresh vegetables, Greek yogurt, and oatmeal cookies.

What are some of your favorite hobbies?

Baking, reading, backpacking, and singing.

Do you have anything funned for this coming summer?

I have planned some backpacking trips for this upcoming summer.

What are some activities that you do to stay healthy and fit during the hectic school year?

Running, fitness classes, stationary biking, and yoga are some activities that I do to stay healthy and fit during the school year.

What is your favorite vacation place?

The Canadian Rockies and Puerto Vallarta, Mexico

Spring Smoothies

Take advantage of the fresh spring produce that you can find in town and try out some of these great smoothie recipes!

Water-cress Apple Spring Smoothie

- A handful of watercress
- 1 apple
- 1/2 frozen banana
- 1/4 avocado
- A few ice cubes
- Enough water to blend to a fine puree



Thin Mint Spring Smoothie

- 3/4 cup plain, unsweetened Greek Yogurt
- 1/4 cup Fresh Mint
- 1 cup Almond Milk
- 1/4 cup Chocolate Chips
- 1 cup fresh Baby Spinach
- Maple to taste
- 1-2 tablespoons Cocoa Powder
- 2 cups ice



<http://rvcoutdoors.com/5-fresh-spring-smoothie-recipes/>

Moscow Area Hiking Trails

With the great weather that we have so far this spring. Take some time and check out some of the local hiking trails that are found minutes from Moscow.

Moscow Mountain

How to get there: From downtown Moscow, follow 6th Street east for about a mile until you come to Mountain View Drive. Turn left heading North. Follow the drive for 2 miles, and then turn right onto Moscow Mountain Road. Continue for 2.8 miles until you come to a fork in the road. Stay to the left on Moscow Mountain Road. Past this fork, you'll travel 2.5 miles to arrive at a flat bench in the road where you can park on the right. This takes you to the base of the mountain.

Hiking: Moscow Mountain does not have any designated hiking trails but does offer opportunities for exploring on foot. The ridge crest provides many good views of the Palouse and is worth checking out. Much of the land is private on the mountain so respect posted signs. Many mountain biking trails do exist on Moscow Mountain so keep on your toes for a rocketing cyclist if on one of these stretches of single track.

Idler's Rest

How to get there: From downtown Moscow, follow 6th Street east for about a mile until you come to Mountain View Drive. Turn left. Follow the drive North for 3 miles, until you come to a fork in the road. Turn right onto Idler's Rest Road. Travel on this road for about 0.5 miles until you see the signs for Idler's Rest on the left.

Hiking: Idler's Rest is a great place to kill an afternoon. The hikes consist of a couple short interpretive trails through some scenic fields or along a beautiful timbered portion of Paradise Creek. The area has some scenic cedar habitat and also one time farm fields progressing through the successional stages on their way back to becoming wild lands.



Calendar of Events

April 2015

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Inland N.W. Blood Drive	2 Moscow HS Baseball/ Softball/ Tennis	3 Mojo Men's Yoga Series	4 Mojo Men's Yoga Series
5 Favorite Places Water Color Exhibit	6 Favorite Places Water Color Exhibit	7 Moscow HS Baseball/ Tennis/Golf	8 Moscow HS Tennis	9 Moscow HS Baseball/ Softball	10 Moscow HS Tennis	11 Moscow HS Track & Field
12 Favorite Places Water Color Exhibit	13 Moscow Art Theatre Presents: Dear Liar	14 Moscow HS Baseball/ Softball	15 Inland N.W. Blood Drive	16 Moscow HS Softball/ Tennis	17 Moscow Art Theatre Presents: Dear Liar	18 Weekend Yoga Workshop
19 Favorite Places Water Color Exhibit	20 Moscow Art Theatre Presents: Dear Liar	21 Moscow HS Tennis	22 Moscow HS Tennis	23 Moscow HS Baseball	24 Moscow HS Softball Idaho FB Spring Game	25 Football 101 Paul Petrino Golf Tourney
26 Favorite Places Water Color Exhibit	27 Moscow Art Theatre Presents: Dear Liar	28 6th Street Senior Center Dances	29 Moscow HS Tennis	30 6th Street Senior Center Dances		

Check out the Moscow Chamber Community Calendar for information about more activities in April!

<http://business.moscowchamber.com/events/calendar/2015-04-01>

Spring is a busy time for Moscow High School spring sports. Above are the home dates for multiple sports. More dates and times are available on the MSD website.

<http://msd281.org/mhs/sports-activities/>