

MOSCOW SCHOOL DISTRICT

SPECIAL POINTS OF INTEREST:

- Local Outdoor Recreation
- Recommended Dietary Allowances (RDA)
- Moscow **Farmer's Market**
- Springtime **Recipe's**

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# Safe Routes To School

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## Message from the Wellness Committee

### World Health Day 2014 April 7th

Sponsored by United Nation's World Health Organization (WHO), World Health Day focuses upon a different health theme each year. It is an international event to emphasize and work on important health issues or problems. Many countries around the world participate.

Major activities on world health Day focus upon, awareness, education programs, and fund raising activities to help with the health issue for the year. Countries also work on resolving problems related to the theme.

*"I am on school board because I believe that education, particularly public education, is essential to maintaining a functional democracy and a healthy community."*

*Margaret Dibble,  
Moscow School Board*

## Letters from the Editors

Hello! My name is Andy Martin and I am currently a Masters student in Physical Activity Pedagogy at the University of Idaho. I have been a fitness instructor for the past three years and I love the outdoors.



Hey! My name is Colin Briggs and I am a senior at the University of Idaho double majoring in Physical Education and Exercise Science & Health. Currently, I am competing for the Vandal Men's Track team as a decathlete. Go Vandals!

# Springtime Recipes

## Parmesan Breakfast Scone



Ingredients: 3 cups all-purpose flour  
1 teaspoon baking powder  
3 tablespoons cold unsalted butter, cut into small pieces  
1 cup shredded Gruyere or Swiss cheese  
1/2 cup grated Parmesan  
1 tablespoon chopped fresh thyme  
1 teaspoon hot pepper flakes  
1 1/4 cups buttermilk

<http://allrecipes.com/recipe/apple-scones/>

Cooking Directions: Heat oven to 400° F. Lightly coat a baking sheet with vegetable cooking spray.

In a food processor, combine the flour, baking powder, and butter and pulse until the mixture resembles coarse bread-crumbs. Transfer to a large bowl and add the 2 cheeses, thyme, hot pepper flakes, and buttermilk. Stir until the mixture sticks together. (It will be slightly crumbly.)

Transfer the dough to a work surface and knead gently until it comes together, about 30 seconds. Shape the dough to form an even, flat round about 1 inch thick. Cut the dough into 12 wedges. Place them about 2 inches apart on the baking sheet. Bake until the scones are light golden brown, 18 to 20 minutes. Remove with a metal spatula. These are best served fresh but can be made up to 2 days ahead. Wrap in foil and reheat in a 250° F oven for 10 minutes. Store in an airtight

## Pita Chip Grilled Chicken Salad



Ingredients: 2 boned, skinned chicken breast halves (1 lb. total)  
About 6 tbsp. extra-virgin olive oil, divided  
2 tablespoons fresh lemon juice  
1 tablespoon fresh oregano leaves  
1/2 teaspoon freshly ground black pepper  
1 bunch asparagus, trimmed and cut in half lengthwise  
4 ounces block feta cheese, broken into chunks  
2 cups halved grape tomatoes  
1/2 cup pitted kalamata olives

<http://www.myrecipes.com/recipe/grilled-chicken-pita-salad-10000001973658/>

Directions: Prepare grill for high heat (450° to 550°). Rub 2 boned, skinned chicken breast halves with olive oil and cook, turning once, until no longer pink. Slice.

Meanwhile, whisk 2 tbsp. fresh lemon juice, 1/3 cup olive oil, 1 tbsp. fresh oregano, and 1/2 tsp. freshly ground black pepper; set aside. Boil 1 lb. asparagus (ends trimmed), cut in spears and halved lengthwise, just until bright green; rinse with cold water.

In a bowl, combine reserved chicken; 4 oz. feta cheese, broken into chunks; asparagus; 2 cups halved grape tomatoes; 1/2 cup pitted kalamata olives; and 2 cups pita chips. Toss gently with reserved dressing. Add 2 cups baby arugula and toss once just to combine.

## Parmesan Crusted Chicken



Ingredients: egg white  
5 tbsp finely grated parmesan  
4 boneless, skinless chicken breasts  
400g new potatoes, cut into small cubes  
140g frozen peas  
good handful baby spinach leaves  
1 tbsp white wine vinegar  
2 tsp olive oil

Directions: Heat grill to medium and line the grill pan with foil. Beat the egg white on a plate with a little salt and pepper. Tip the Parmesan onto another plate. Dip the chicken first in egg white, then the cheese. Grill the coated chicken for 10-12 mins, turning once until browned and crisp.

Meanwhile, boil the potatoes for 10 mins, adding the peas for the final 3 mins, then drain. Toss the vegetables with the spinach leaves, vinegar, oil and seasoning to taste. Divide between four warm plates, then serve with the chicken.

<http://www.bbcgoodfood.com/recipes/5987/parmesan-spring-chicken>

# Are you prepared for the Moscow Farmers Market?



## Farmer's Market Challenge:

1. Try one new fruit.
2. Try one new vegetable.
3. Grow a starter plant to maturity.
4. Try a new food item from a vendor.

## What can we expect at the Moscow Farmers Market?

Fresh fruits and vegetables, bread, meat, eggs, honey, healthy nursery plants, beautiful flowers and quality handmade crafts are just some of the goods that you may find at the farmer's market. Local musicians can also be found entertaining the market-goers gathered in Friendship Square. Each Saturday at 9:30am the music begins and can be enjoyed until the market closes at 1:00pm. Each year is always a new experience, though, with new booths, new goods, and new entertainers.

## Where is the Farmers Market located?

From 8:00am to 1:00pm each Saturday, May through October, a section of Main Street near Friendship Square in downtown Moscow will be closed to motorized traffic. This is where the bustling Moscow Farmer's Market can be found. The market is starting very soon, so if you would like to become a vendor, visit the site linked below for

<https://www.ci.moscow.id.us/residents/farmers-market>



# Q&A: Palouse Outdoor Experiences

Margaret has been working at the University of Idaho for almost 25 years, primarily in the department of Plant, Soil and Entomological Science. She is a member of the MSD school board, the Latah Trail Foundation, and the Paradise Path Task Force.

## *Where is your favorite place to bike on the Palouse?*

My favorite ride is probably the Lenville loop, out on the Latah Trail to Lenville Road to the Troy-Genesee highway and back to Moscow on the Latah Trail. There is very little traffic, lots of variety in the terrain, and the beautiful countryside changes with the seasons.

## *What kind of gear would a first-time biker want to have?*

A helmet is essential, I have cracked a couple and was very glad it was the helmet and not my head. I usually take a water bottle and a cell phone. Comfortable clothing is necessary, but you don't need to buy fancy biking gear.

## *What is your favorite part about biking?*

You can get anywhere in Moscow in 15 minutes or less and don't have to worry about parking. You can be out in the country in just a few minutes without having to drive anywhere.

## *What kind of wildlife have you seen while biking on the Palouse?*

The birds I see change with the seasons. Ducks, geese, hawks, herons, and so many more. I've seen lots of rabbits, deer, coyotes and a couple of beavers. I have seen a white weasels running across the path and once I saw a mink chasing a rabbit down the trail. I'm still hoping to see a bear.



Shanti is an Art teacher at Moscow Middle School who loves to cook, play games, dance, and be outside as much as possible. She hopes to provide her students with a strong art education and help them develop an environmental awareness.

## *What are your favorite outdoor activities?*

I enjoy bike riding with my daughter in tow. Gardening is really satisfying for me as well. I love getting my hands in the dirt and becoming familiar with the wildlife in my backyard.

## *What outdoor activities have you engaged in on the Palouse?*

I've enjoyed playing with my daughter at the many wonderful parks Moscow has to offer. I've also enjoyed camping, fishing and hiking in the Palouse.

## *What kind of wildlife have you seen while exploring the Palouse?*

I've seen coyotes, badgers, jack rabbits, deer, and many species of birds such as grouse, pheasant, and quail.

## *What is your favorite part about outdoor recreation?*

My favorite part is this feeling of connectedness. When I'm outdoors, I try to be in tune with my surroundings. Listening to the birds and noticing details like interesting shadows or beautiful leaves and rocks.

## *Do you have any outings planned this spring?*

My family has a few camping trips planned with friends and I look forward to starting a community vegetable garden with a few of my neighbors.





# Recommended Dietary Allowances

*Head to the Moscow Farmers Market to pick up the fruits and vegetables found in this article!*

An RDA, or Recommended Dietary Allowance, is the average daily dietary intake of a nutrient that is sufficient to meet the requirement of roughly 98% of healthy persons. RDAs are not to be confused with Daily Values (the information displayed on the 'nutrition facts' panel on food labels). The Daily Values have remained largely unchanged since the late 1960s, whereas the USDA's RDAs have been significantly updated as recently as 2010.



## Men's DRI spotlight: Potassium

Potassium is an essential electrolyte and dietary mineral which our bodies use to conduct electricity and regulate functioning in organs such as the heart.

Poor potassium intake increases the risk of stroke.

Men who had the most potassium in their diets were only 63% as likely to have a stroke that those who had the least potassium in their diets.

Source: <http://lpi.oregonstate.edu/infocenter/minerals/potassium/>

**Good sources of Potassium :**  
**White Beans, Swiss Chard, Kale, Peaches,**

**Good sources of Iron:**  
**Spinach, raisins, prunes, lentils, artichoke, liver**

## Women's DRI spotlight: Iron

Iron is an essential mineral which helps regulate cell growth, cell differentiation, oxygen delivery, and immunity.

According to the World Health Organization, as much as 80% of the world population may not be consuming enough iron. These deficits are not uncommon in the U.S., especially among women of childbearing age (particularly teens) and women who are pregnant.

### Signs of iron deficiency anemia include:

- ⇒ Feeling tired and weak
- ⇒ A decreased work and school performance
- ⇒ difficulty maintaining body temperature
- ⇒ an inflamed tongue.

# Safe Routes To School

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Safe Routes to School is a national program that focuses on encouraging kids to *walk and bike to school safely across America*. *Safe Routes has 5 E's: Education, Encouragement, Enforcement, Engineering and Evaluation*. The Coordinator for Safe Routes to School here in Moscow focuses mostly on Encouragement and Education. The City of Moscow focuses on Enforcement and Engineering and we all try our best to Evaluate our work along the way. Here in Moscow, Idaho, we are fortunate to be partnered with The City of Moscow and University of Idaho.

## Preparing with A-B-

**C's:** Remind students to check their bike A-B-C's (Air, Brakes and Chain). Encourage them to use different routes to school with supervision of a parent or guardian.



## Free helmets for

students in need: If a student in your class needs a bike helmet, please contact Brooke Lowry and I'll bring them to your class before the Fill the Racks! event.

**Reminder:** Fill the Racks & National Bike to School Day is coming up on Wednesday, May 7th. Please encourage your students to get out on their bikes and get active before they start their day. SR2S will be coordinating free bike tune-ups at each school before the event and will be counting numbers of bikes and scooters in the bike racks that day. All students (and teachers!) who walk and bike to school will receive a bike memento when they get to school.

## Help in your classroom:

Brooke is willing to come into your class to read a bike book and facilitate bike art if you'd like your class to be part of a "bike art exhibit". She can also come facilitate a bike rodeo with your class if you'd like your students to practice intersections and bike safety in a fun interactive way.

## If you'd like to:

voice a concern about walking or biking in Moscow  
become a SR2S volunteer  
get in touch with the Moscow Safe Routes to School Coordinator  
suggest an idea/activity/educational idea  
please drop us an email at [blowry@uidaho.edu](mailto:blowry@uidaho.edu)










Find more at:

<http://inland360.com/moscow-idaho-events/>

# April 2014

## Lawn and Garden Month

Sun      Mon      Tue      Wed      Thu      Fri      Sat

		1 	2	3	4 	5 <i>Hope Glow Run</i>
6	7 <i>World Health Day</i>	8 	9	10 <i>Moscow Kiwanis Meeting 6:45pm</i>	11 <i>Relay for Life</i> 	12 <i>Moscow Hemp Fest East City Park 10:30am</i>
13 	14	15 	16	17 <i>Moscow Kiwanis Meeting 6:45pm</i>	18	19
20 <i>Easter</i>	21 <i>Boston marathon</i>	22 	23	24 <i>Moscow Kiwanis Meeting 6:45pm</i>	25 <i>Arbor Day</i> 	26
27	28	29 	30			

Event Details



= Partner Yoga



= Co-op Kids

**Partner Yoga**

Recognize the Unity in Diversity! Connect with yourself, each other, and engage your spirits in Divine play! We welcome you to a safe environment rooted in community. There will be ample time to warm up, therapeutic flying incorporating different postures and cooperation, and we'll finish with some delicious Thai massage techniques.  
2 Fridays a month, 7:15 - 8:45pm

**Co-op Kids**

April 1, 2014 Moscow Food Co-op 121 E. Fifth St., Moscow, ID Starts: 9:00 am Ends: 10:00 am  
Cafe: Activities for children and their caregivers. All events are free, with snacks and materials donated by the Co-op.  
Free. Info: amamasworkyahocom.