



# MSD PULSE · MAY 2014

Volume 4, Issue 8

## A Word From the Wellness Committee

May is National Clean Air Month, sponsored by the American Lung Association. You never notice what you breathe in until something is wrong. Whether you suffer from seasonal allergies, asthma, or a respiratory disease there are steps you can take to improve the air for yourself and your community.

It is also National Bike Month, so enjoy the sunshine and get out on two-wheels! Inside this issue you will find trails around the Palouse for a variety of skill levels.

## A Letter from the Editors



Hi! I am Katy Dodds, a senior at the University of Idaho pursuing degrees in Physical Education and Exercise Science and Health. After I graduate I plan on traveling the world and teaching abroad before returning for my Master's.



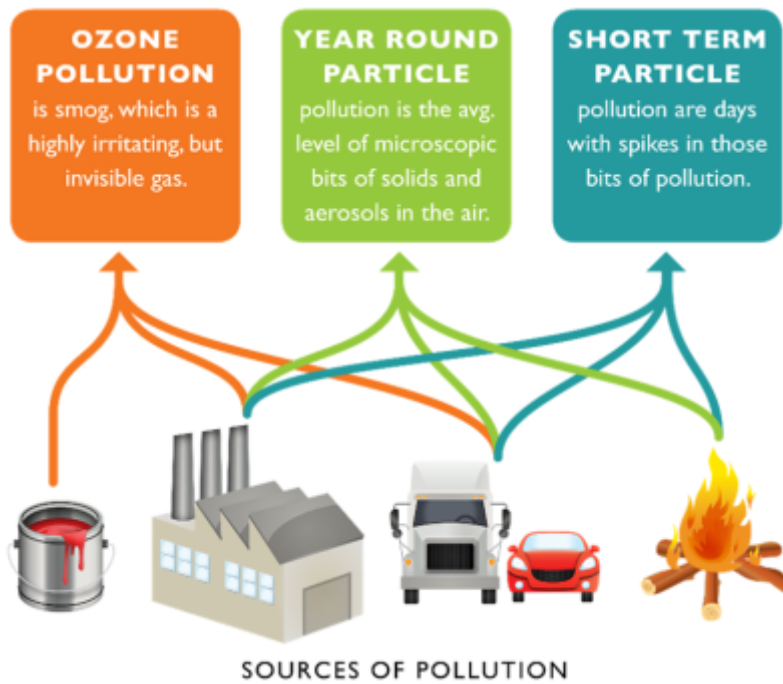
Hello! I'm Matt Greene, a Masters student in the Physical Education Pedagogy program at the University of Idaho. I coach baseball and football in Boise during the summer and run Spartan Races in my free time.

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University of Idaho

Sponsored through the support of Dr. Grace Goc Karp in the Dept. of Movement Sciences



SOURCES OF POLLUTION

Retrieved from The American Lung Association 2013

## A Call to Action!

We can all take small steps to improve the air quality in our community. Here are some tips from the American Lung Association:

- ◆ Walk or bike to work
- ◆ Avoid drive-thrus and idling your car
- ◆ Check tire pressure in your vehicle
- ◆ Avoid using a wood-burning stove
- ◆ Never burn trash
- ◆ Use a propane BBQ instead of charcoal
- ◆ Use environmentally friendly lawn-care products
- ◆ Use cold water when washing laundry

American Lung Association 2013

## What exactly is clean air?

Clean air, is air that has a natural balance of gases such as oxygen, nitrogen and carbon dioxide. Clean air does not harm the environment, nor does it contain pollutants or allergens that can trigger health problems.

### What are consequences of poor air quality?

Polluted air is a pervasive threat in America, harming our health and shortening lives. More than 159 million Americans live in areas where the level of air pollution threatens their health. Some of those who are most vulnerable are our children, our seniors, our family members with lung disease, heart disease and diabetes, people with low incomes, and those who work and exercise outdoors.

Poor air quality can lead to immediate breathing problems, such as shortness of breath, asthma attacks, and increased susceptibility to pulmonary inflammation. Long-term exposure can cause new allergies to develop, low birth-weight and decreased lung function in newborn infants, and premature death due to respiratory diseases.

### What is our air like?

The American Lung Association collects data on air quality throughout the country. Though Moscow does not have a monitor, Coeur d'Alene has an A+ grade and ranks within the top 20 cities for cleanest air in the country.



### Get a Spider Plant!

Even if you neglect houseplants, you'll have a hard time killing this one. The spider plant battles benzene, formaldehyde, carbon monoxide.

www.mnn.com

# Wildflower Week

## May 5-11

Mother’s Day (5/11/14) lands on the last day of National Wildflower week. There is no better way to celebrate with your mom than a nature viewing hike through some of our state parks and National Forests. While you’re out there keep your eyes peeled for some of these beautiful wildflowers.



### Calypso ↑

The Calypso has a preference for deep shade. The flowering season begins sometime in late April or early May and can be found until late June.



*“My mother was the most beautiful woman I ever saw. All I am I owe to my mother. I attribute all my success in life to the moral, intellectual and physical education I received from her.”*

*-George Washington*

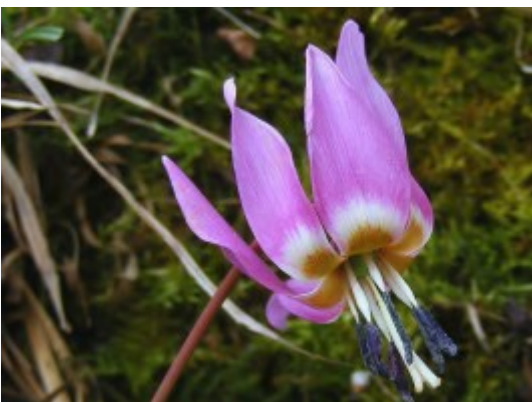
### Western Springbeauty ↑

This flower is normally found in moist soil, from lower foothills and open mountain slopes to alpine meadows, frequently below snowbanks. At low altitudes it begins flowering in early April.



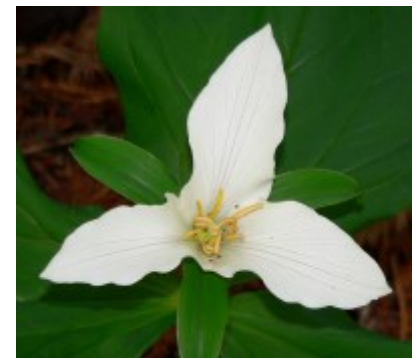
### Buttercup ←

This "first sign of spring" has bright, shiny yellow flowers which turn white with age. It can appear as early as the latter part of March . Be careful, it’s poisonous!



### Dogtooth Violet ←

Found along stream banks, in shaded woods and in subalpine meadows, following the melting snowline.



### Trillium ↑

Commonly known as the “Wake-Robin”, this flower blooms in early spring when the robins return.

# Mocktail Margaritas



Retrieved from [www.foodmisadventures.com](http://www.foodmisadventures.com)

## Ingredients

- 1 lime wedge
- kosher salt
- Ice
- 1 oz fresh lime juice
- 1 oz agave nectar (light)

## Preparation

Moisten half of the outer rim of a glass with the lime wedge and twist the edge into a saucer full of kosher salt . Fill a cocktail shaker with ice. Add the lime juice and agave nectar. Shake well and strain into the glass.

## Nutrition Facts

Amount Per Serving	
<b>Calories 40</b>	Calories from Fat 0
% Daily Value *	
<b>Total Fat 0g</b>	0%
Saturated Fat 0g	0%
<i>Trans Fat</i>	
<b>Cholesterol 0mg</b>	0%
<b>Sodium 430mg</b>	18%
<b>Potassium 20mg</b>	1%
<b>Total Carbohydrate 2g</b>	1%
Dietary Fiber 0g	0%
Sugars 0g	
<b>Protein 0g</b>	
Vitamin A	0%
Vitamin C	4%
Calcium	6%
Iron	2%

Recipe from [www.yummly.com](http://www.yummly.com)

# Skinny Guacamole

## Nutrition Facts

Amount Per Serving	
<b>Calories 70</b>	Calories from Fat 50
% Daily Value *	
<b>Total Fat 6g</b>	9%
Saturated Fat 1g	5%
<i>Trans Fat 0g</i>	
<b>Cholesterol 0mg</b>	0%
<b>Sodium 80mg</b>	3%
<b>Potassium</b>	0%
<b>Total Carbohydrate 4g</b>	1%
Dietary Fiber 3g	12%
Sugars less than 1g	
<b>Protein less than 1g</b>	
Vitamin A	2%
Vitamin C	10%
Calcium	0%
Iron	2%

Recipe from [www.yummly.com](http://www.yummly.com)

## Ingredients

- 2 medium avocados, peeled and mashed with a fork
- 1/4 cup seeded and finely chopped tomato
- 1/4 cup chopped green onions, rinsed and drained
- 1 Tbsp. chopped fresh cilantro
- 1 Tbsp. lime juice
- 1 Knorr® Garlic MiniCube, crumbled

## Preparation

Combine all ingredients in small bowl. Garnish, if desired, with additional chopped green onions and serve with tortilla chips. <sup>4</sup>



Retrieved from [www.skinnytaste.com](http://www.skinnytaste.com)

# National Bike Month



Biking is an excellent and fun activity to get outside, enjoy the warmer temperatures, and take in the beautiful scenery the Palouse has to offer, not to mention the countless health benefits. For more avid cyclists, fitness fanatics or anyone looking to increase their cycling speed, here are 3 tips you can use, to do just that.

## 1. Fartlek training:

Fartlek is the Swedish word which means 'speed play'. In other words, you 'play with your speed' over whatever distance you wish.

Take a short bike ride, say 1-2 hours and deliberately **change pace** throughout the ride whenever you dictate.

For example, once you're warmed up, step on the pedals and hold a minute riding harder than you would on a long bike ride, then resume back to your normal cycling pace. Repeat this throughout your ride, varying the length of the work bout as you so choose.

Remember, the shorter the effort the harder you should work – however, I stress you shouldn't kill yourself on each work bout – it's not necessary. The aim is to ride 'just out of' your comfort zone to get used to what it's like changing pace. Your body adapts best to progressive bite sized loads, rather than going 'all out as hard as you can', which only serves to over-train you.



## 2. Acceleration training:

On a short bike ride probably no longer than an hour (depending on fitness), change to a higher gear, get out the saddle for a few seconds and 'accelerate' down the road before resuming back in the saddle again.

Hold this faster pace in the saddle for a minute or so (no more than two minutes), before resuming back to normal cycling pace. Give yourself a good five minutes before you repeat. Work from 5 accelerations to a maximum of 10 over the course of 3 or 4 weeks.

Try this on the flats and in the hills – just work to the terrain you find on your bike ride. Again the effort level is about getting out of your 'comfort pace', but not about all out maximum effort or sprinting here. You should feel the workout is 'hard' and look forward to a recovery, but not need to stop pedaling.



## 3. Cadence (leg turnover) training:

On your longest ride of the week, take some time to become conscious of your 'cadence' (leg turnover rate). It is useful to therefore have a cadence sensor and read out, but if you don't, just go by feel.

You want to practice upping your cadence from what you do normally on a long bike ride. So, at various points during your ride 'spin' out a low gear so the power to the pedals feels feather light. The best place to start this is on a flat part of your bike ride, or slight downhill – just so you get the feel of the new cadence level.

Your aim is to hold a higher cadence than usual. So for example, if you usually hold around 80 rpm on a bike ride, try holding 100 rpm for 5 minutes. Repeat at various easy points during your ride over the course of several weeks.

<http://easycycling.com/3-ways-to-cycle-faster/>

# Interview with Stephanie Lucks



*Stephanie Lucks is the Special Education teacher at WestPark Elementary School. Originally from Los Angeles, California, she attended the University of Idaho and received degrees in Elementary Education, Special Education, and Music with an emphasis on Vocal Performance.*

**How do you stay physically active with your busy teaching schedule?**

*I use Anytime Fitness. We have meetings throughout the week after school, so I use Anytime Fitness early in the morning around 5:00 and 6:00 before school starts.*

**For someone looking to get into the teaching profession, what are some tips you would give them to incorporate physical activity into their lessons and stay physically active throughout the school year?**

*Personally, I would recommend setting aside 20-30 minutes each day that is solely allocated to doing something active, whatever that may be. Inside the classroom, I like to use “Brain Breaks” with the kids. That could include 10 jumping jacks, a 5-minute dance party, time on the trampoline or indoor swing, anything that gets the kids up and active and is something they can enjoy.*

**What are the ways you advocate to your students the importance of being physically active?**

*I regularly use the “Brain Breaks” for all my students, we also teach the importance of healthy eating, getting playing of sleep and being active. I like to keep all activity fun and make sure they enjoy it and have fun with it so there are no negative thoughts of being healthy, active and exercising.*

**What are you favorite springtime activities?**

*In the spring, I really look forward to the Moscow Farmer’s Market and walking around downtown and take in the warmer weather.*

**Living in the Palouse, what outdoor activities do you seek out?**

*I love hiking Moscow Mountain and making a day of it, by packing a lunch, picnicking and then finishing the hike. I also really enjoy bike riding the Chipman trail from Moscow to Pullman, being outdoors and having fun while being active.*

**For someone who is new to the Palouse, what is one activity you would recommend to them?**

*Color runs or Fun runs. They are fun, you get to see the town, and meet new people and again you are being active but in a fun way.*

# May 2014

				1 May Day	2 Partner Yoga (Nourish)	3 Moscow Renaissance Fair (EastCity Park)
					Community Cleanup Day (Friendship Square)	"The Cherry Orchard" by Anton Chekhov (Hartung Theater)
					Vandal Spirit Friday	An Evening with Keb' Mo' (Beasley Coliseum)
4 Moscow Renaissance Fair (EastCity Park)	5 Cinco De Mayo	6 National Teacher Day	7 Fill the Racks!	8 LCYAC Awards Night & Talent Show (Kenworthy Performing Arts Center)	9 Vandal Spirit Friday	10 Graham Ballet Theater/ Academy Spring Concert! (Gladish Community Center)
Our Planets, Their Planets (Planetarium WSU campus)	Read for Life (Interfaith House, Pullman, WA)	Moscow Food Co-op's Tuesday Night Music Series		Read for Life (Interfaith House, Pullman, WA)		Washington State University Commencement (Beasley Coliseum)
11 Mother's Day	12 Read for Life (Interfaith House, Pullman, WA)	13 Moscow Food Co-op's Tuesday Night Music Series	14 Knitter's Night (The Blue Lantern Coffee House & Wine Bar Lewiston, ID)	15 Children's Story Time (BookPeople of Moscow)	16 Vandal Spirit Friday	17 University of Idaho Commencement (Kibbie Dome)
		Co-op Kids		Read for Life (Interfaith House, Pullman, WA)		Just for the Health of It! (Lewiston Community Center)
18	19 Read for Life (Interfaith House, Pullman, WA)	20 Moscow Food Co-op's Tuesday Night Music Series	21 Kinder! Science (Palouse Discovery Science Center Pullman, WA)	22 Children's Story Time (BookPeople of Moscow)	23 Partner Yoga (Nourish)	24 Les Miserables (Lewiston Civic Theatre)
		Co-op Kids		Read for Life (Interfaith House, Pullman, WA)		
25	26 Memorial Day	27 Moscow Food Co-op's Tuesday Night Music Series	28 Moscow High School Spring Sports Banquet (Fieldhouse)	29 Children's Story Time (BookPeople of Moscow)	30 Les Miserables (Lewiston Civic Theatre)	31 Les Miserables (Lewiston Civic Theatre)
	Read for Life (Interfaith House, Pullman, WA)	Co-op Kids		Les Miserables (Lewiston Civic Theatre)		8th annual Spokane Comicon (Spokane Community College)



Retrieved from [www.innerpeach.blogspot](http://www.innerpeach.blogspot)

## 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.

## Community Wide Spring Clean Up Day

Join the City of Moscow and the Moscow Chamber of Commerce for this community wide spring cleaning day, rain or shine. The City of Moscow will provide trash bags for participants and teams for the cleanup of the community in preparation for graduation and the opening of the Moscow Farmers Market.



Retrieved from