



Dive into Summer

Great Summer Activities

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Swimming is a great activity for the summertime. Whether at your local pool or in the lake, swimming offers a great workout for both your muscles and your heart. You can swim laps, play water volleyball or basketball, or just enjoy the water to reap the benefits of swimming. Make sure you are comfortable in the water and are supervised at all times.

Walking and running are both great summer activities also. Take in the wonderful summer flowers and

sunshine at your local park or in your neighborhood by going for a fast walk or a run. This is a wonderful way to spend time with family and talk about the happenings of the day as well. This is also a great way to get your pet exercise!

Pick-up games or organized sports are fun ways to learn a new skill, work as a team, and get exercise all at the same time. Join an area T-ball, softball, or baseball team or just start a pick-up game in your backyard. Always make sure to wear the appropriate

protective gear and show good sportsmanship.

Rollerblading and Skateboarding are great ways to get outside and enjoy the weather while also getting some great exercise for your heart and legs. Make sure you are comfortable on your feet before venturing too far from home and always wear a helmet and protective gear to ensure your safety.

Get outside and play this summer! Enjoy!

Health Updates and Reminders

School Health Updates and Reminders

Beginning the 2008-2009 school the state mandated some changes for health screenings for students entering Iowa schools. Those changes are as follows:

- All Kindergartners and ninth graders need to have a dental screening prior to entering school in the fall. Your school will have copies of the form that needs to be filled out.
- Please make sure your

child has had a lead screening. This can be done during their physical.

- Please make sure your child is up to date on immunizations. You can visit www.cdc.gov/vaccines for a current immunization schedule.

Kindergarten students received a green vision screening card in round-up packets. It is highly suggested, but not yet mandatory, that each Kindergartener have a vision screening prior to entering school. If you did not receive one of these cards,

please contact the school.

Reminder:

Physicals are required for all Kindergarteners, fourth grade students, seventh grade students, and any new student to the school. Physical forms can be obtained at each school. Students playing sports must have a physical each year to be eligible to participate. Sports Physical Forms may also be obtained at each school.

Is your child ready to attend school in the fall? Check out the requirements!

St. Albert High School Sports Recap



St Albert has enjoyed another successful athletic year. The year started off well with the fall sports. The football team qualified for the play-offs for the 12th season in a row. The volleyball team finished with one of the best records in school history and one game away from state. Both the boys and girls cross country teams had a very dominant regular season and finished in the top ten at state.

The winter sports kept things going with the boys basketball team qualifying for state. The girls basketball team, although short handed, improved as the season went on. The wrestling team sent two individuals to state.

Both boys and girls track teams have multiple state qualifiers. The baseball and softball teams look to have strong seasons too.

Mike Kayl

Finally, the spring and summer sports are finishing up the school year on a high note with the girls track team winning districts and boys soccer team rated in the top five at

Sunscreen Dos and Don'ts

Do: Seek shade between 10 am and 4 pm

Don't: Forget to apply sunscreen to those often missed spots like your ears, scalp, under your eyes, lips, the top of your hands, feet, shoulders, neck, behind your knees and especially your back

Do: Use a sunscreen with an

SPF 15 or higher

Don't: Forget to wear a hat with 3 inch wide brim all around that can protect your face and neck. UV blocking sunglasses are a must.

Do: Use a sunscreen that filters out both UVA and UVB rays. e sure to apply it 30 minutes before going outside so

that your skin has a chance to absorb the sunscreen.

Don't: Visit tanning booths/beds/parlor

Do: Remember to reapply sunscreen after 2 hours outside or immediately after swimming or sweating.

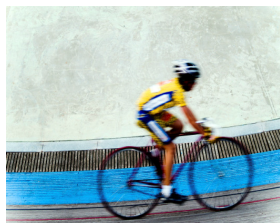
Don't: Be fooled by a cloudy day - the sun's harmful UV

Don't: Be fooled by a cloudy day - the sun's harmful UV rays can penetrate through clouds and even a thick fog.

Linda Manning



2009 RAGBRAI



Warm weather and summer vacation are a great time to ride bikes. In Iowa we are lucky to be home to the longest, largest and oldest touring bike ride in the world. The Des Moines Register hosts the Register's Annual Great Bicycle Ride Across Iowa (RAGBRAI) each year during the last full week in July. Over 10,000 riders will begin the ride this year on July 19th in Council Bluffs and will finish July 25th in Burlington. The ride will

also overnight in Red Oak, Greenfield, Indianola, Chariton, Ottumwa and Mount Pleasant. This year the ride is relatively short but very scenic. The ride is 442 miles long and has 22,800 feet of climb.

Iowa hospitality is what makes RAGBRAI so spectacular. Each of the overnight towns along with the pass-through towns welcome their guests with great fanfare. Church organizations, civic groups and school organiza-

tions work to provide the nourishment necessary to peddle across the state. Local bands entertain bikers as they rest and refuel.

This year week long passes are no longer available but daily passes can be purchased at www.ragbrai.org

Cindy Connolly

Hot Summer Recipe

Now is the time to take advantage of fresh produce available at your grocery store and local Farmer's Markets. Summer is an easy time of year to get your 5-9 servings of fruits and vegetables in each day!!

Try this tasty homemade salsa as a dip or serve with your favorite grilled tuna or salmon! Full of healthy phytochemicals that the body needs and antioxidants: natural cancer fighters!

Summer Salsa

1 ½ cup chopped, fresh, peeled peaches

1 green or red sweet pepper, chopped

1 cucumber, peeled, seeded, and chopped

1 bunch green onions, sliced

1-2 jalapeno peppers, seeded and finely chopped

2 T. honey

2 T. fresh or bottled lime juice

1 bunch fresh cilantro, snipped

Mix all ingredients in a bowl.

Cover: chill up to 4 hours, stirring once or twice.

Serve with tortilla chips or as side to grilled fish. Yield: 2 ½ cups

From the St. Francis of Assisi Cookbook, Mary Bernabe, author

Barb Wisnieski, RD, LD



Bike Safety

Every year, half a million people are hospitalized for bike related injuries and an additional 700 actually die from these accidents. Many injuries are brain related, such as concussions, comas, brain damage and death. Scrapes and bruises are a common hazard in biking as well, but this likeable hobby is an activity that most Americans enjoy. Many of these injuries can be avoided by using simple precautions.

A helmet is the greatest protector against brain damage in an accident and is essential in any kind of bike ride. It can save your life, and it only takes two seconds to

put on properly. Always make sure that your bike is in good condition as well, such as proper positioning of your handlebars and your seat and keep up the maintenance of your tires and chain. These small adjustments can be the difference between a trip to the hospital and an enjoyable ride.

Finally, you need to always be careful when riding your bike. Making sure you can be seen by cars at all times by wearing bright or reflective clothing is a good idea. Always ride defensively and give cars the right away at all times because they may not see you. Try as much as possible to stay

out of the way of cars, and when stopping and changing directions, always make sure to use hand signals. Being careful, prepared and aware of your surroundings will give you a very gratifying bike ride this summer.

Ben Baker



Enjoy a Safe and Healthy Summer!