

# LOOK







Out for Your Health

it starts with  
**YOU**

May 2018

Sun      Mon      Tue      Wed      Thu      Fri      Sat

Wellness Early Sign UP's  
2018-19

						Team LUK 3 Hope for Minds 5K Fun Run Lubbock -Cooper West Elementary 9 a.m.
6	7	8	9	10	11	12
 to Mother with Love	14	Wellness T-Shirt Day		17 School Board Meeting	18 Wellness Early Sign UP's Final Day	
20	21	22 Energy Fitness Due		23	24 Teacher Work Day	25 Graduation 7 p.m. SOC
27 MEMORIAL DAY	28	29	30 IT'S REPICKING BUT FUN!	31		



## Healthy Quote

# Brush with a Light Touch

Most people - a good 75 to 80 percent brush their teeth too vigorously, says Giri Palani, D.D.S., a dentist in Rancho Palos Verdes, California. "Scrubbing hard to get your teeth clean will just cause your gums to recede and your enamel to wear away, he says.

Not a good look. So lighten up: hold your brush in your nondominant hand, move it in small circles rather than back and forth, and switch to the softest bristles you can get. These colorful new Curaprox CS 5460 toothbrushes (\$7 each [curaprox.com](http://curaprox.com)) are made with special ultragentle filaments that baby your pearly whites better than the typical nylon bristles.

## 4 Minutes

It takes at least this amount of time in the sun around noon during high summer with your face, neck, arms and hands exposed for skin to produce the recommended daily dose of vitamin D. (That's if you're superfair like a redhead. Bump it up to about five minutes if you're olive; if you're darker, make it up to a full 21) Now factor in sunscreen: for every 10 SPF you put on, you'll need to increase your sun exposure tenfold to get all the D you need.



## Healthy Recipe

# Strawberry-Banana Sheet Pan Pancakes

### Ingredients

1 egg with 1 egg white  
2 Tbsp Canola Oil  
1 cup Fat-Free Vanilla Yogurt  
1 Cup all-purpose flour  
1 tsp baking powder  
1/2 tsp baking soda  
1/4 tsp salt  
1 thinly sliced banana  
1 cup thinly sliced strawberries  
Powdered Sugar

### Preparation

1. Preheat oven to 425 degrees and line a sheet pan (about 18 X 13 inches) with parchment paper.
2. In a large bowl, whisk 1 egg with 1 egg white. Add 2 Tbsp canola oil and 1 cup fat-free vanilla yogurt; whisk to combine.
3. Add 1 cup all-purpose flour, 1 tsp baking powder, 1/2 tsp baking soda and 1/4 tsp salt; whisk until combined.
4. Spread batter evenly on baking sheet. (Note: Batter won't reach edges of the pan) Bake 6 minutes.
5. Remove from oven and sprinkle with 1 thinly sliced banana and 1 cup thinly sliced strawberries. Bake another 7 to 8 minutes or until firm.
6. Cool 10 minutes before sprinkling with powdered sugar, if desired

Serves 6

Per Serving: Calories 191, 6g Fat, 32mg Cholesterol, 30g Carbs., 5g Protein, 2g Fiber, 7g sugar, 322mg Sodium



# Exercise Tip

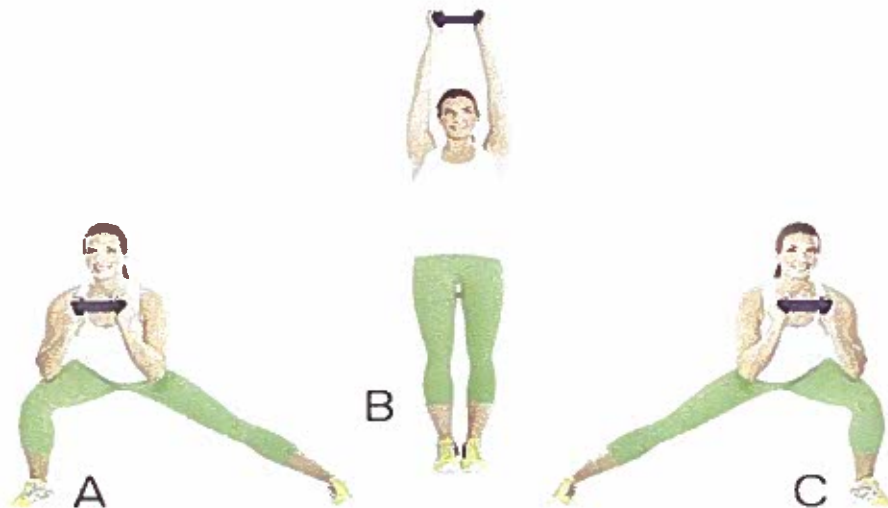


## Side Lunge Swing

(Works Shoulders, ABS, Butt, Quads, Inner Thighs)

Stand with feet together, holding a weight in right hand and resting it on front of right thigh (left hand is on hip)

- A. Step right leg as far right as you can, toes facing forward, bending right knee 90 degrees and lowering weight toward floor.
- B. Push off right leg to return to start, swinging weight up to shoulder height. Lower weight to start. That's 1 rep.
3. Repeat for 60 seconds. Switch sides: repeat.





# May Birthdays



Isabel Navarro - Retiree - May 2  
Kathy Gonzales - LABC - May 4  
Rose Ibarra - South - May 6  
Margarett Lockett - LHS - May 10  
Laurie Jones - LMS - May 12  
Lyndi Nicholson - LABC - May 12  
Nancy Swain - Retiree - May 13  
Yesenia Maldonado - Trans - May 17  
Sandra Parrish - LIS - May 17  
Deena Gibson - LMS - May 20  
Tammy McDaniel - Admin - May 20  
Shannon Warren - LABC - May 26  
Olivia Ochoa - Cactus - May 28  
Ruby Lopez - Capitol - May 29  
Carlo Wade - LHS - May 30  
Leticia Youngblood - South - May 31



# Summer Birthdays



## JUNE

- Ruby Chapa - LIS - June 1
- Robert Franklin - Spouse - June 3
- Georgia Brackens - LMS - June 5
- Laura Northern - LHS - June 5
- Jennifer Quintero - LHS - June 9
- Rosie Samarron - SPECO - June 11
- Margarita Ramirez - Cactus - June 15
- Leslie Hounshell - LABC - June 16
- Ana B. Trejo - LIS - June 16
- Anita Chavarria - LMS - June 19
- My linda Graves - LABC - June 21
- Rebeccas Gonzales - Cactus - June 22
- Debbie Chruchwel - Cactus - June 23
- Juana Soliz - LIS - June 24
- Frank Barker - Retiree - June 25
- Angie Marquez - LIS - June 25
- Suzanna Ramirez - LHS - June 25
- Dalia Barrera - South - June 26
- Blanca Reyes - Admin - June 26
- Jason Torres - Spouse - June 27
- Melody Turner - LIS - June 28
- Shirley Mendoza - South - June 29
- Nellie Sanchez - June 29
- Norma Lara - Retiree - June 30

## JULY

- Molly Hastings - Admin - July 6
- Roberta Munoz - LABC - July 8
- Devin Sonnenburg - Cactus - July 14
- Jana Dowell - Admin - July 18
- Moniva Price - LHS - July 20
- Delpha Regalado - LHS - July 20
- Sue Ann Kimberling - South - July 26
- Kay Musemeche - LABC - July 28

## August

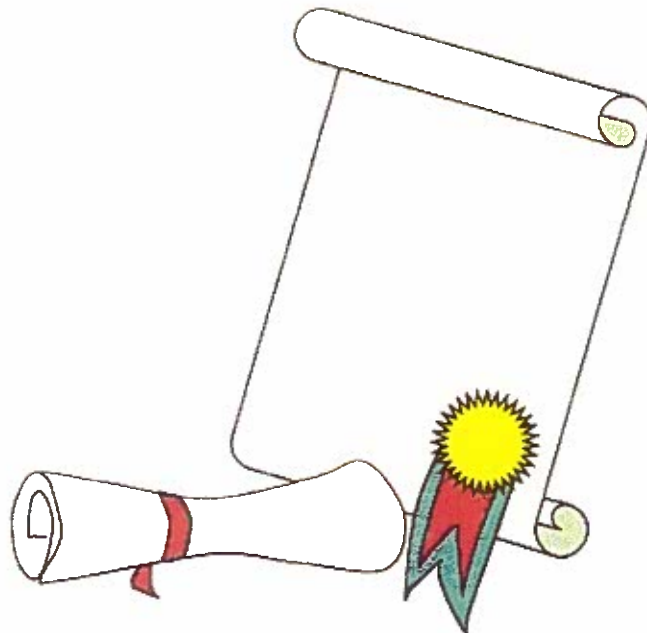
- Terri White - LIS - Aug. 1
- Beatrice Haynes - Retiree - Aug. 4
- Brenda Ashburn - South - Aug. 11
- Shellane King - LABC - Aug. 14
- Barbara Utley - LABC - Aug. 15
- Brian Dagley - Spouse - Aug. 18
- Sherry Bojarski - Cactus - Aug. 20
- Sandy Darnell - LIS - Aug. 20
- Patty Billingsley - Retiree - Aug. 22
- Jeff Northern - Admin - Aug. 22
- Stacey Waddell - LHS - Aug. 22
- Mary Galindo - Trans - Aug. 25
- Mary Bara - LIS - Aug. 26

May

# Graduation Word Search

H S R Q S Y O A S E N F H T O S  
C S U E A U C U T H O J S X R I  
C V I R H H M A U H I E I B O Y  
N O R L I C R M D U T A N C K W  
T U M E P B A I E L A W I G A N  
H F V P E M C E N R U A F Y L P  
C E I L L C O X T I D R D Y I G  
F G E G Y E A C S G A D G L M H  
S C H O O L T B C E R E M O N Y  
A M O L P I D E I A G Y T R A P

award  
achieve  
accomplish  
boy  
cap  
celebrate  
ceremony  
complete  
diploma  
finish



gift  
girl  
graduation  
hurray  
party  
school  
students  
summer  
teacher  
test

Save \$5

# LOOK

Early Sign Ups!!

Out for Your Health

it starts with

**YOU**

Early sign ups for wellness program 2018-19. Get your membership form from your building rep. Have your membership turned in no later than

**May 18, 2018.**

Send to Flair, Cactus or give to your building rep to send

## Early Sign Fee

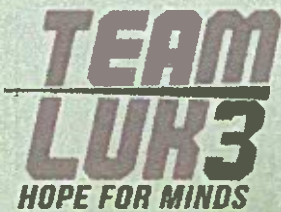
Professional - \$25.00

Paraprofessional - \$20.00

Spouse - \$20.00

LISD Retiree - \$15.00





# 5K FUN RUN

SATURDAY, MAY 5, 2018

AT LUBBOCK-COOPER WEST ELEMENTARY SCHOOL

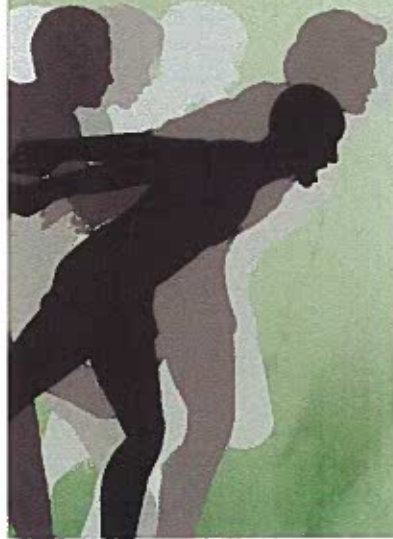
We are excited to invite you, your friends and family to participate in the Lubbock-Cooper 5k benefiting Team Luke Hope for Minds!

Registration is \$25 dollars and participants will receive a race t-shirt and rubber bracelet. In addition to Team Luke Hope for Mind's merchandise, water, snacks, music, fun and games will be available to racers and supporters. We hope you will come out and join us in walking and running for a great cause!

To register, drop the below form and your payment off at Cardinal's Sports Center (6524 Slide Road) or online at [www.TeamLukeHopeForMinds.org](http://www.TeamLukeHopeForMinds.org). Participant shirts and bracelets can be picked up the day before the race at Lubbock-Cooper West Elementary School or the morning of the race. The race will begin at 9am in front of the gym at Lubbock-Cooper West Elementary School.

Please Note Day-Of Registration is \$35

## EVENT SPONSORS:



**Christian Brothers**

**Int-rim**  
HEALTHCARE  
HOME CARE AND HOSPICE

AUTOMOTIVE



Fill out the form below!

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

### Circle Shirt Size:

- Youth Large
- Adult Small
- Adult Medium
- Adult Large
- Adult X-Large
- Adult XX-Large



# Energy Fitness

Energy Fitness of Levelland will be offering a \$50.00 three month membership to LISD Wellness members.

**DATE FOR ENERGY FITNESS Center**  
May 22, 2018

Please send check or cash to Flair at Cactus by the deadline above date. All checks are to be payable to LISD Wellness. Membership always begin on the 25th of the month.

