



W  
E  
D  
S  
D  
A  
Y  
S  
-  
M  
O  
T  
H  
E  
R  
S  
D  
A  
Y

## Mom's Best Advice

**Don't compare yourself to others.**

**Ask for help when you need it.**

**If you're too full to finish dinner, you're too full for dessert.**

**Use the good stuff. Always.**

**Surround yourself with people who treat you well.**

**Raise good humans.**

**Treat every day as if it's special.**

**What's most important about cooking is sharing.**

**Don't dream your life. Live it!**

**Have a sense of humor about yourself.**

**Every day, do a little something.**

**Praise the people you love.**

**It's not about how you look.**

**It's how you feel about how you look.**

**What's made with love is good for you and your family.**

**Don't run with a lollipop in your mouth.**

**Never buy anything at full price.**

**Don't break your arm patting yourself on the back.**

**It's no use crying over spilt milk.**

**Don't pick your nose in public.**

# JRD 2021 KIDS SUMMER FITNESS CAMP

JULY 5<sup>TH</sup> – JULY 23<sup>RD</sup>

OUR GOAL: To educate and encourage kids in fitness and nutrition and to offer a **FREE** camp that builds self-esteem and a healthy lifestyle.



## WHAT CAN YOU EXPECT?

Daily Nutrition Classes  
Daily Fitness Classes  
Cooking Classes  
Enrichment Classes  
Fieldtrips  
PE Games  
Teambuilding games  
Daily Swimming  
Weekly Theme Days

**There will not be a campout  
this year.**

**50 kids will be chosen for camp based on their need for this camp and their application letter. Have your child write a letter explaining why they should be chosen. Drop it by the office by May 20<sup>th</sup> or mail it to PO BOX 289 Jerome, Idaho.**

**Office 208-324-3389**

## Sample Daily Schedule

9:00am-9:10am - Warm-up  
9:10am-9:30am - Team Games  
9:30am-10:15am - Stations  
10:15am-10:45am - Nutrition Class

10:45am-11:30am - Water or Outside games  
11:30am - 12:15pm-Lunch  
12:15pm - 1:00pm - Exercise class  
1:00pm-2:00pm - Swimming

# JRD Pool Schedule!!



The pool will be open June 1, 2021–August 21, 2021!!

Swim Lessons: Cost \$40.00 per session (out-of-district \$50)

Registration begins May 13th @ 6:00 AM

- **Session 1- June 7-17**
- **Session 2 - June 21-July 1**
- **Session 3- July 6-July 15**  
(No lessons on Monday, July 5th, will be made up Friday July 9)
- **Session 4- July 19-July 29**
- **Session 5- August 2-August 12**

←—————→  
**Swim Team: Cost \$70 + suit (includes shirt)**

June 1, 2021-July 24, 2021

Practice time (maximum of 30 per time slot)

1. 6:00-7:00 AM
2. 6:45-7:45 AM
3. 7:45-8:45 AM
4. Optional Friday practice Dive/Turn/Stroke clinics 7:00-8:45 AM Cost :TBD

←—————→  
Day Pass

7 & under -\$2.50  
8-17yrs- \$3.50  
Adult- \$4.00  
Seniors -\$2.00  
Lap Swim- \$2.50

Season Passes

7 & under- \$62.00  
8-17yrs- \$70.00  
Adult -\$75.00  
Family -\$150.00

**Pool closed Sundays-Pool Rentals only  
(Noon-1:30 PM & 2:00-3:30 PM)**

CONGRATULATIONS TO THE  
JRD MEMBERS THAT WON THE  
APRIL PIONEER FEDERAL  
GIVEAWAY!

**\*\*\*Esidro Nava and Theresa McCully\*\*\***

THANK YOU TO PIONEER FEDERAL CREDIT  
UNION FOR ALL THE SUPPORT!



**Pioneer**™

FEDERAL CREDIT UNION

# Just for Kids

## Flower Bookmark for MOM or GRANDMA!

### Need:

Popsicle sticks of any size

Pipe cleaners

Buttons, assorted

Glue



### Directions:

1. Place the popsicle stick on a flat surface.
2. Pick the color pipe cleaner you think your mom would like the best.
3. Bend the pipe cleaner into a flower shape like in the picture.
4. Glue the pipe cleaner to the popsicle stick.
5. Pick a larger button for the center of your flower and glue it in place.
6. Pick a smaller button for the center of the big button and glue it in place.
7. Let dry and give to your mom.

## Breakfast Egg Baskets

### Ingredients:

Refrigerated shredded hash brown potatoes

Eggs

### Directions:

Heat oven to 400 degrees. Prepare muffin pan coating with cooking spray. Spoon 1/4 cup shredded potatoes into each muffin cup.

Press mixture up the sides and into the bottom of muffin cup, pushing mixture to just above the rim.

Bake at 400 for 30 minutes. Crack 1 egg into each basket. Bake at 400 for 12-15 minutes longer or until eggs are set to your liking. Sprinkle with salt and pepper to taste.



### Variations:

Use 2 T. shredded potato and 2 T. shredded carrot. Follow recipe as directed.

Use 2 T. shredded potato, 2 T. shredded zucchini (patted dry with paper towels), 1 tsp. chopped fresh parsley, and 1/2 tsp. chopped fresh chives.

## Crunchy Berry Parfaits

### Ingredients:

2 cups sliced fresh strawberries

2 cups vanilla yogurt

1 cup granola (Or cooked quinoa)

1 bananas, sliced

1/2 cup fresh blueberries

1 tablespoon honey, or to taste (Optional)

### Directions:

Place about 1/2 cup strawberry slices into 2 glasses or parfait dishes. Spoon about 1/2 cup yogurt into each glass and top with about 1/4 cup granola. Divide remaining strawberries into glasses and top with banana slices. Place about 1/4 cup blueberries over bananas and top with remaining 1 cup yogurt. Layer remaining 1/2 cup granola



# 11 Ways to Drink More Water Every Day

Here are some tips to help you drink more water each day.

By Charlotte Grainger Taste of Home Magazine

Drinking enough water is important for everyday health. But more than half of us are chronically dehydrated, which can lead to fatigue, headaches, dry skin, dizziness and more. No good! If you have a hard time drinking the amount of water you need each day, these tips can help get you on track.

One of the simplest ways to make sure that you drink more water each day is to set a goal—and stick to it. When we have a target, it's far easier to take actionable steps toward it. Figuring out how much water you should drink a day is easy. Simply divide your weight by 2.2, then multiply that number using the following guidelines:

- If you're younger than 30, multiply by 40
  - If you're between 30 and 50, multiply by 35
  - If you're older than 55, multiply by 30
- Last, divide the answer by 28.3. Your final calculation is the number of ounces of water you should drink every day.

Write this number down and, at the end of the day, review whether you hit your goal. Recording it in your bullet journal might help, or use one of these fun water bottle tracker stickers on any calendar.



## Add some fruit to your water

Mix things up when it comes to your water game. Try infused water! Chop up some fruit, such as strawberries or oranges and add the slices to a pitcher of water. The drink will be so refreshing and tasty, you won't be able to stop yourself from drinking the whole lot.



## Track how much you sip

No clue how much water you usually drink? You're not alone. Tracking your water consumption is a genius way to stay on top of it. There are a couple of apps you can use, such as Waterlogged or Waterbalance, that do all the hard work for you. All you have to do is tap the app each time you drink a glass of H<sub>2</sub>O!



## Sip water before you eat

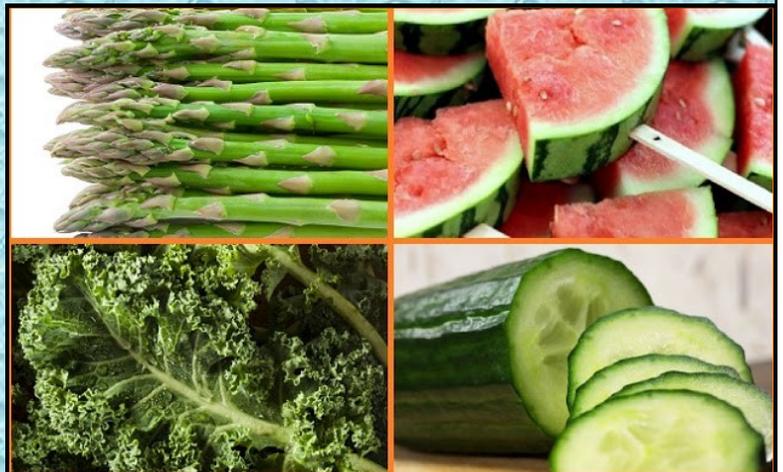
When you're seriously hungry, the last thing that's likely to be on your mind is reaching for a tall glass of water, but maybe you should. Often enough, when we're thirsty, it can feel like hunger. To help prevent dehydration, drink a little water before you sit down to eat.

## Always carry a water bottle

One of the major reasons that so many people forget to drink water is that they don't have it on hand. There's a simple way to solve that problem! Make sure that you carry a reusable water bottle with you wherever you go. Invest in a good quality bottle that keeps your water chilled, is easy to clean and compact enough to tote along with you.

## Eat foods that are rich in water

If you're not a big drinker (or always forget your water at home), there's another way to get a little more H<sub>2</sub>O in your diet. Why not eat foods that are water-rich? For example, lettuce, cucumber and watermelon are refreshing and super hydrating foods.





## Have some spicy food

There's nothing quite like the kick of spice from fresh jalapeño recipes. If you're a spice-loving fiend, you should have no problem when trying to drink more water. The next time that you have a hot, hot meal, make sure you have a large glass of water on the side. The spices should encourage you to drink more than usual.

## Quit drinking juice and soda

Spoiler: Juices and sodas are packed full of sugar and calories. When you cut them out, replace them with water and you may find that you naturally lose weight and feel much better. Interestingly, drinking hot water may have even more benefits. Ready to ditch soda once and for all? Here's how soda affects your body.



## Hit the gym after work

Guess what? Gym bunnies crave water 24/7. It's because exercising makes you super thirsty. Not only is hitting the gym and getting active great for your lifestyle, but it also means that you naturally crave more water. In turn, you'll look and feel great after drinking enough water every day.

## Sip a glass while you're waiting for your coffee or tea to brew

Enjoy a daily cup of joe? While you're waiting for your coffee to brew or your tea to steep, drink an 8-ounce glass of water. Remember that caffeine from all types of coffee can have a slight diuretic effect, which means it may cause your body to lose water. To make up for that, nutritionists recommend at least one cup of water for every cup of coffee or two cups of black tea.



# Mother's Day Workout

Want to know what motherhood feels like?  
Do this workout and you'll get an idea  
of how busy moms can feel at the end of  
day of juggling!

Jump Rope - 100

High Knees - 90 (45/leg)

Standing Knee Thrusts - 80 (40/leg)

Bunny Hops - 70

Skater Lunge - 60 (30/leg)

Pop Squats - 50

Alternating Lunges - 40 (20/leg)

Mule Kicks - 30

Pushups - 20

Frog Leap w/ a Burpee - 10

Repeat 3x for full effect!



MOM  
You Are The Best!

A Mother  
understands what a  
child does not say :)

Being a mother  
is learning about  
**strengths**  
you didn't know you had,  
and dealing with  
**FEARS**  
you didn't know existed.

HAPPY  
Mother's  
Day

She broke the bread into two  
fragments and gave them to her  
children, who ate with eagerness.  
“She hath saved none for herself,”  
grumbled the seargeant.  
“Because she is not hungry,”  
said the soldier.  
“No,” said the seargeant,  
“because she is a mother.”