

# YOGURT SCONES

## INGREDIENTS

- 6.75 ounces all-purpose flour (about 1 1/2 cups)
- 2.375 ounces whole wheat flour (about 1/2 cup)
- 1 tablespoon sugar
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/4 cup chilled butter, cut into small pieces
- 1/2 cup thinly sliced green onions
- 3/4 cup fat-free plain yogurt
- 1 large egg white



## PREPARATION

1. Preheat oven to 425°.
2. Weigh or lightly spoon flours into dry measuring cups; level with a knife. Combine flours, sugar, baking powder, baking soda, and salt in a large bowl; cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal. Stir in onions. Combine yogurt and egg white, stirring with a whisk. Add to flour mixture, stirring just until moist (dough will be sticky).
3. Turn dough out onto a lightly floured surface; knead lightly 4 times with floured hands. Pat dough into an 8-inch circle on a baking sheet lined with parchment paper. Cut dough into 12 wedges, cutting into but not through dough. Bake at 425° for 15 minutes or until golden. Serve warm.

**Yield:** 12 servings (serving size: 1 wedge)

## Nutritional Information

Calories.....	121	Fat.....	4g
Protein.....	3.3g	Carbohydrate.....	18.3g
Fiber.....	1.1g	Cholesterol.....	10mg
Iron.....	1.1mg	Sodium.....	273mg
Calcium.....	72mg		

*Taken from Cooking Light*



# Wim & Wiger

A Health Newsletter Serving the North Coast Schools Medical Insurance Group

Vol. 16, No. 6, June 2011

Editor: Mendie Ballester

(707) 445-7126

## Director's Note

Stacy Lane - JPA Director

Health Care Reform, in the form of the Patient Protection and Affordable Care Act, has brought about many changes for employers and their health plans. Required changes will be effective beginning on the first day of the first plan year starting on or after September 23, 2010. For the North Coast Schools' Medical Insurance Group, our first plan renewal after this date is July 1, 2011. On this date, many changes, such as eliminating lifetime maximum limits on essential benefits or eliminating pre-existing condition exclusions for children under age 19, will become effective for your plan. However, the largest change for our members will be the ability to add eligible dependents to their plan through the end of their twenty-fifth year, also stated as to age twenty-six. The law does not require your eligible dependent to be enrolled in school full-time or to qualify as your IRS dependent.

Your employing school district, as a member of the North Coast Schools' Medical Insurance Group, will be holding a special enrollment period in the month of June to add qualifying dependents to your plan. The legislation that was passed extended coverage only to those eligible dependents who did not have access to health coverage through their employer, even if it was at their own cost. This meant that your eligible dependent who was eligible to participate in their own employer-sponsored health plan, even if it meant contributing a large portion of the premium themselves, would not be eligible to be added to your plan. At the May 18, 2011 Board meeting of the North Coast Schools' Medical Insurance Group, the decision was made by the Board of Directors to voluntarily waive "grandfather status" for all plans administered by the group for this particular issue. By voluntarily waiving this provision, the North Coast Schools' Medical Insurance Group will now allow all eligible dependents to enroll on

their parent's plan through the end of their twenty-fifth year, also stated as to age twenty-six.

The process for enrolling your eligible dependent will be the same as it currently is for all eligible dependents. *You must provide a copy of your child's official birth certificate and complete an enrollment form with your school district.* The district then forwards this information to the North Coast Schools' Medical Insurance Group to be submitted to our coverage partners.

**Enrollment forms and official birth certificates must be submitted directly to your employer, not to the North Coast Schools' Medical Insurance Group. The timeline for this Special Enrollment Period will be June 1, 2011 through June 30, 2011. All properly completed enrollment forms submitted to the member district by June 30, 2011 will be enrolled with an effective date of July 1, 2011. Incomplete submissions will not be accepted and enrolled.**

Please note that this Special Enrollment Period is only for those eligible dependents over age eighteen who qualify for coverage as outlined in the Patient Protection and Affordable Care Act. This Special Enrollment Period is not the same as the Annual Open Enrollment Period and therefore, does not extend to eligible spouses, domestic partners or other dependents who were not added during their initial eligibility period.

If you would like more information on how to enroll your eligible dependent, please contact the benefits coordinator at your school district for an enrollment form. For any other assistance, you can contact the North Coast Schools' Medical Insurance Group at (707) 445-7126.

# 7 Summer Exercise Tips

As summer approaches, many people want to get in shape. Here are some exercise tips to help you lose weight during the summer months.

## Tip #1: Walk and Talk

The summer months are great for being outdoors and walking is a great form of exercise for weight loss. Instead of sitting at Starbucks or your neighbor's house chatting get outside and walk and talk. Visiting with friends and family is important and fun, but who says you need to be stationary to enjoy someone's company.

Walking 1 mile burns around 100 calories (for someone that weighs 150 pounds), and walking and talking is a great way to kill two birds with one stone.

## Tip #2: Buy a Bike

Like walking, biking is also a good low impact form of exercise. As a whole we drive too much, sometimes even just 2 miles or so to run a quick errand. Use your new bike to run errands close to home, save gas, and burn calories.

## Tip #3: Picnic and Plan Outdoor Activities

Summer is a great time for picnics. Plan a picnic and of course pack healthy foods, but also pack a Frisbee, football, whiffle ball and baseball bat. It may not seem like a hard core workout, but tossing around a Frisbee or football burns more calories than watching TV, and all the extra activity adds up in the long run.

## Tip #4: Start an Outdoor Project Around the House

There are so many outdoor projects that are perfect for the summer. You can build a deck or plant a garden. Exercise does not have to happen in a gym or in front of a television. What do you think people did before gyms were invented... that's right they worked on the land and on the house. Outdoor projects can be a sneaky way to get in more exercise during the summer.

## Tip #5: Find a Summer Workout Partner

Having a workout partner helps to keep both people motivated. It can be hard to lose weight all by yourself, but if you have a workout partner with similar goals, you can push each other to stay committed to the exercise routine.

## Tip #6: Take a Fitness Vacation

Most people gain weight when they go on vacation because they just want to go eat, drink, party and sleep on vacation. But, I'll challenge you to take a fitness oriented vacation. If you go to the beach to relax, plan a 3-5 mile walk in the morning and a 3-5 mile walk in the evening before dinner (that could be an extra 600-1000 calories burned a day). Plan a hiking vacation, or a tennis vacation, or a swimming vacation. Get in the ocean or pool for 1-2 hours in the morning and 1-2 hours in the evening before dinner. Do activities you love. But make a plan to be active on everyday of your fitness vacation.

## Tip #7: Consult with a Personal Trainer or Fitness Professional

If you have motivation to exercise but you're not sure what to do, consult with a personal trainer or fitness professional to get some guidance and structure. Structure really helps us to achieve goals and a health professional can help to provide structure to your workout routine so all you'll have to do is follow the plan.

*Taken from Articlebase.com*

# Summer Safety Tips:

## BUG SAFETY



Don't use scented soaps, perfumes or hair sprays on your child.



Avoid areas where insects nest or congregate, such as stagnant pools of water, uncovered foods and gardens where flowers are in bloom.



Avoid dressing your child in clothing with bright colors or flowery prints.



To remove a visible stinger from skin, gently back it out by scraping it off horizontally with a credit card or your fingernail. Never squeeze the area or use tweezers because it may push more venom into the skin.



Combination sunscreen/insect repellent products should be avoided because sunscreen needs to be reapplied every two hours, but the insect repellent should not be reapplied.



Use insect repellents containing DEET to prevent insect related diseases such as ticks which can transmit Lyme Disease, and mosquitoes which can transmit West Nile Virus and other viruses.



The current CDC and AAP recommendation for children over 2 months of age is to use 10-30 percent DEET. DEET should not be used on children under 2 months of age.



The concentration of DEET varies significantly from product to product, so read the label of any product you purchase. Children should wash off repellents when back indoors.

*Taken from American Academy of Pediatrics*