



Bike to School Month Success

During the month of May, thousands of students and parents across North Carolina celebrated the joy of pedaling to school during National Bike to School Month. The one-month event is part of a national effort to encourage more families to consider getting to school on foot or bike and bring attention to circumstances that may be getting in the way. Students have the chance to be part of the next, healthy generation who use walking and biking to complement motor vehicle travel as ways to get around.

More than 150 North Carolina schools had registered events, setting a new record for participation in the state. And while North Carolina is the ninth most populous state in the country, it ranked third in the most number of registered Bike to School events.

- A huge **THANK YOU** to all of the schools who participated in Region 7:
- Franklin County:** Laurel Mill Elementary
 - Granville County:** Creedmoor Elementary, Falls Lake Academy, Mount Energy Elementary, Stovall Shaw Elementary
 - Halifax County:** Inborden Elementary, Manning Elementary, Pittman Elementary, Scotland Neck Elementary, Weldon Elementary, Weldon Middle
 - Johnston County:** Archer Lodge Middle, East Clayton Elementary, Four Oaks Elementary, Powhatan Elementary, South Smithfield Elementary, Wilsons Mills Elementary



FIND THE BICYCLE MESSAGE

First name each picture. Then write the first letter of each word in the small space directly below the picture. Once all the letters have been identified, a safety message will appear.

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ANSWER: BE SMART BIKE SAFE

Light Apple Crisp

It's no surprise that apples are good for you - why else would they have earned that "keep the doctor away" reputation? This healthy recipe will satisfy your sweet tooth.

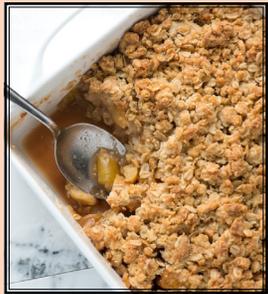
Makes: 9 servings **Prep Time:** 10 minutes **Cook Time:** 30 minutes

INGREDIENTS:

- 3 medium baking apples, cored, sliced thin
- 1 Teaspoon cinnamon
- 2 Tablespoons sugar
- 2 Tablepoons flour

TOPPING:

- 1 cup quick oats
- 1 Teaspoon vanilla
- 1/2 Teaspoon cinnamon
- 1/4 cup brown sugar
- 2 Tablepoons margarine



PREPARATION:

Mix first four ingredients and place into 9-inch (square or round) baking dish. In small bowl, mix topping ingredients until crumbly. Sprinkle topping over the apples. Bake at 325 degrees until apples are soft and topping is golden brown (about 30 minutes).

Courtesy: recipes.sparkpeople.com

