

nexStage's Upcoming Workshop for Women

The nexStage Theatre is collaborating with director/actress Dana Maxey on her powerful new theatrical workshop, The Venus Project: "Emerging Voices", starting in April 2014, running for six weeks and culminating in a final stage performance, which will take place on Thursday May 29th 2014 at the theatre. This 6-week workshop, specifically for women, will explore the process of writing monologues, storytelling, acting in an ensemble and the rehearsal process, weaving the group's unique individual works into a full-fledged theatrical production.

Director Maxey will be teaching the group to express their voices in their writing, vocal and performing arts. Classes begin April 8th (Tuesday and Thursday evenings) from 6:30-8:30pm at the nexStage Theatre, 120 South Main Street, Ketchum, Idaho. The cost for the workshop is \$225.00 per applicant. For more information and to enroll, please contact: Dana Maxey (Director)
208.720-8684 madamflore@yahoo.co.uk

Weeds Out of Control Workshop

The Wood River Land Trust, together with the Blaine County Noxious Weed Department invite landscapers, homeowners, and land managers to attend a free workshop to learn effective noxious weed control methods. Both alternative and traditional methods will be discussed on Thursday, April 10th from 9:00am-11:30am at the Sawtooth Botanical Garden. Information on weed identification, practices to reduce pesticide use, biocontrol strategies, creation of a community insectuary and utilizing Integrated Pest Management will be discussed.

Two Pesticide credits are available. For more information, contact 788-5516, or see
facebook.com/bccwma for agenda. Coffee and treats at 8:30 am.

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Rainbow Day Reminds Kids To "Gimme Five!"



Gina McLaren blends together a rainbow of veggies and fruits with a relish.

STORY AND PHOTOS
BY KAREN BOSSICK

"I just ate a rainbow!" quipped Bradyn Bumgardner. "And I liked it! It was a little sweet, a little—oh, I don't know. It's a healthy way of eating, though, and I try to eat healthy most of the time... except on my birthday, when I get pizza."

A host of moms and other volunteers fired up the blenders last week as they treated Bumgardner and other Hemingway Elementary School students to Rainbow Day.

It was Nurture's way of acquainting the kids with the need to eat at least five vegetables and fruits a day—preferably sporting all the colors of the rainbow.

"We're telling the kids, 'Gimme Five!' and we're encouraging them to branch out and

try something different. If they always eat apples and oranges and bananas, maybe next week try kiwi and pineapple," said Missy Russell.

Russell headed up the project for Nurture, a locally based non-profit organization that helps school kids and their parents improve nutrition and health through cooking classes and nutrition classes.

The rainbow part of the smoothies featured cherries, carrots, banana, kale, spinach and blueberries. Yogurt and milk comprised the clouds, except in non-dairy smoothies where rice milk was used, instead. And honey served as the pot of gold.

"It's all kinds of goodness to promote healthy eating for the body," said Gina McLaren.

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Rainbow Smoothie Recipe

¾ cup frozen cherries
1 carrot or 5 baby carrots
1 frozen banana
1 teaspoon lemon juice
1 handful of either kale, arugula or spinach
½ cup blueberries
2 ounces blackberry or grape juice
½ cup Greek yogurt
1/3 cup milk (1 cup rice or nut milk for non-dairy version)
3 to 4 teaspoons honey
Blend with about 1 cup ice.



Missy Russell shows off a jar containing the fruits and vegetables in the Rainbow Smoothie.



Gracie Gibson and Lily Enos check out a poster displaying a rainbow of fruits and vegetables.



Alec Widemann grabs a smoothie filled with fruits and veggies equating the five colors of the rainbow.



Bradyn Bumgardner smacks his lips after downing a smoothie containing fruits and veggies sporting the five colors of the rainbow.



Lily Enos samples a smoothie containing fruits and veggies comprising the five colors of the rainbow.



Smoothie maker Jena Greaser shows off her rainbow attire next to a poster created for Rainbow Day by Sophia Sturgeon.



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