



MS. GUYLAY GOES TO WASHINGTON

While most students returning to Community School after the summer holiday shared stories of camping trips, vacations, and even summer school, one sixth grader's experience trumped just about everyone's. On August 20, Ketchum resident Elena Guylay, 11, flew to Washington, D.C. to attend a White House Kids' "State Dinner" as a guest of First Lady Michelle Obama. During the event she shook hands with the President and Mrs. Obama, enjoyed delicious food prepared by the White House chef, and took in a private concert by the band Big Time Rush.

Elena was among 54 winners of Mrs. Obama's Healthy Lunchtime Challenge recipe cooking contest that received more than 1,200 submissions. A judging panel recreated and tasted 100 entries at Washington, D.C.'s "DC Central Kitchen" and one winning recipe was chosen from each state and U.S. territory. Elena's popular "Fiesta Casserole" was picked as the best healthy dish submitted by a student in Idaho.

"All the winners were given a bus tour of the capital before the lunch," explained Elena. "Then we pulled right into the gates of the White House and were taken to a celebration in our honor. It was really exciting."

In her remarks to the group, the First Lady said that theirs "is exactly the kind of leadership that we need so that all kids can have the futures they deserve."

"The spotlight was really on the kids," explained Elena's mother, Kathryn, who with husband, Jeff, and son, Alex, accompanied Elena on this trip. "In my wildest dreams I would never have imagined the terrific response they got from the President and Mrs. Obama, the national press, and everyone involved with the contest. It was truly a once-in-a-lifetime experience."

The Healthy Lunchtime Challenge recipe contest was co-sponsored by *Epicurious*, the White House, the Department of Agriculture, and the Department of Education. Entry was open to children 8-12 years old.

"I knew I had a really good recipe that could be used for school lunches," Elena said. "When we made it during our 'Food & Fun' classes last year at school everyone loved it." Elena has been making Fiesta Casserole her whole life, cooking at Kathryn's side.

In fact, a love for healthy cooking runs in the family. Elena's brother, Alex, a fourth grader at Community School, was another of the three Healthy Lunchtime Challenge finalists in Idaho with his recipe for "Enchilada Pie." And Kathryn teaches nutrition and promotes wellness in the Wood River Valley through Nurture, a nonprofit organization founded to address issues including hunger, childhood obesity, wellness, and an increasingly unhealthy food chain.

FIESTA CASSEROLE

Ingredients

- 1 cup (dry) brown rice plus 1.5 (dry) cups quinoa, rinsed
- 2 16 oz jars of salsa, your favorite brand
- 4 cans (15 oz) of beans- rinsed; we used various types to make it colorful: kidney, pinto, and black
- 2 16oz containers of cottage cheese
- 2 limes. Juice of 1-2 limes, or add lime or lemon juice from a jar
- 2 teaspoons chili powder
- 2 teaspoons cumin
- 1 bunch of washed, rinsed and chopped fresh cilantro
- 2 bags (8oz) of shredded cheese (we like the mexican blend)

Directions

- Cook the rice/quinoa (we use a rice cooker, but you could also do this on the stovetop).
- Combine rice/quinoa with remaining ingredients, except shredded cheese
- Place in pyrex dishes (you'll need at least 2 9 X 12 dishes) and cover with foil
- Bake in the oven at 350 for 40 minutes
- Remove from oven, remove foil and sprinkle cheese on top
- Return to over for about 5 minutes, until cheese is melted and bubbly
- Serve with avocado slices, carrots/celery/jicama, extra salsa and lime

ENJOY!

BIENVENIDO, ALEX NICOLL!

Sixth, seventh, and eighth grade students will say *bienvenido* next fall to Alex Nicoll who will join the faculty as the Middle School Spanish Teacher. Alex brings ten years of bilingual teaching and administrative experience across two cultures, and is currently serving as the Middle School Head at Colegio Bilingue Madison in Torreon, Coahuila, Mexico. Alex has his B.A. in Modern Foreign Languages with a double concentration in Spanish and



Russian from James Madison University in Harrisonburg, Virginia. He will also complete his M.Ed. from the Universidad TecMilenio, Torreon, Coahuila, Mexico this coming fall. Alex has a strong background in athletics as a track athlete, as well as a passion for the outdoors, both of which make him an excellent fit for Community School's Middle School program.

According to Ben Pettit, Head of the Middle School and Assistant Head of School, "Alex's personal educational philosophy is a wonderful match with Community School, as he focuses on a humanistic and constructivist approach to student learning and adolescent growth and development." Ben continued, "His approach includes interdisciplinary project-based instruction that helps students find a real-world connection to what they are learning as they develop critical thinking, communication, research, social, and self-management skills to ensure their success as human beings. Alex truly demonstrated a love of education throughout the search process, which set him apart from many other strong candidates."