

HIGHWAY TO WELL & SAFETY

DRIVING SAFETY TIPS

With a pandemic looking like it's on the way out and people taking to the road a lot more, it's important to keep a few things in mind.

1. **Make sure the vehicle is fit for the trip.** Long drives can be more demanding on your car.
2. **Avoid sleepiness on the road.** Drowsy driving is risky and can be just as dangerous as driving under the influence.
3. **Ensure there are no distractions.** Keep your attention 100% on the road and do not multitask.
4. **Bring an emergency kit with you.** Always be prepared for the unexpected and subscribe to a roadside assistance plan.
5. **Always obey the speed limit.** The faster you're going the longer it takes your car to slow down and come to a stop.
6. **Practice defensive driving.** Always be aware of what other drives on the road are doing and be prepared for an accident or collision.
7. **Keep enough distance between you and the car ahead of you.** Extra distance gives extra time in case of weather or accident related incidents.
8. **Store your items appropriately.** You don't want items moving around while you're driving. That could be distracting. In turn also make sure your necessary items like ID are within reach.
9. **Plan your route and rest stops ahead of time.** Be aware of the risk of long periods of uninterrupted driving. Also knowing where rest stops are help if you need to make an unplanned stop.

For more information, visit: RoadTripExpert.

INSIDE THIS ISSUE

| | |
|--|---|
| 2021 DIRTY DOZEN | 2 |
| GOODBYE BAD BREATH | 2 |
| SKILLET CHICKEN W/ APRICOTS AND FRESH HERBS..... | 3 |
| SWEET & SOUR PORK SKEWERS W/ PINEAPPLE... | 3 |
| BRAIN STRAIN | 4 |

SPECIAL POINTS OF INTEREST

- **LAST MONTH'S WINNERS**
LAURIE PUSTINA
LAURA GEURINK
PAMELA SLONIM
DIANE BARRETT
AMNDA TANKE
DENA SEDLMAYR
VALERIE HOODJER





2021 DIRTY DOZEN

The dirty dozen list is here and it's important information to keep in mind. Nearly 70% of non-organic produce sold in the US has pesticide residue. These are the most pesticide-tainted produce.

1. Strawberries
2. Spinach
3. Kale, collard and mustard greens
4. Nectarines
5. Apples
6. Grapes
7. Cherries
8. Peaches
9. Pears
10. Bell and hot peppers
11. Celery
12. Tomatoes

Don't let this discourage you. To remove pesticide residue, wash your produce under running tap water for 30 seconds.

And if you want to know the "Clean Fifteen," is also released and avocados and sweet corn top the list.

Reference:

M3 Insurance Newsletter
[Dirty Dozen](#)

"When you change the way you look at things, the things you look at change." - Wayne Dyer

SHOES AT THE DOOR

Take off your shoes. It's a habit that we should all start practicing when entering your home. Research has found that the outside of your shoes can be carrying viruses and bacteria, like E.coli.

Even though this is quite a low level of contamination, it is still wise to do as much as you can to reduced unnecessary spread of germs. Especially, if you have little ones crawling on the floors or there's people who are immunocompromised.

Practice these actions:

1. Take off your shoes at the door.
2. Wash your hands immediately if you removed your shoes with your hands.
3. Clean your shoes according to the manufacturer's instructions.
4. When in doubt, ask the host if you should take off your shoes.

GOODBYE BAD BREATH



It is natural to have bad breath. When bacteria breaks down food particles that are left on or in between your teeth, smelly compounds like sulfur begins to form. Dry mouth can also lead to bad breath. It's usually not a big concern, but it could also indicate issues like diabetes, reflux, kidney/liver disease or more. It's important to talk to your dentist about it.

How can you prevent it?

- **Brush, floss, repeat.** Brush at least twice a day, floss once a day and always before bedtime.

- **Focus on your tongue.** When you brush the tongue's surface, it helps remove some of the microbial coating.
- **Keep your mouth moist.** Drinking water throughout the day is important to help your mouth produce cleansing saliva. If you have dry mouth, chewing sugar-free gum can stimulate saliva.

How can you treat it?

- **Go for checkups.** Visit your dentist every six months.
- **Swish away.** Rinsing with mouthwash can freshen breath, but make sure it doesn't contain alcohol. If you have chronic dry mouth, try OTC saliva-replacement spray.
- **Amend your meds.** Talk to your doctor and find out if any of your prescriptions are causing dry mouth. And adjust accordingly.

Reference: Prevention Magazine. June 2021 Issue. Pages 38-39.

SKILLET CHICKEN WITH APRICOTS AND FRESH HERBS

Ingredients:

- 8 chicken thighs (about 3 pounds)
- Kosher salt and fresh ground black pepper
- 1/2 cup all purpose flour
- 2 tbsp. unsalted butter
- 2 tbsp. extra-virgin olive oil
- 8 shallots, peeled (stem end left attached)
- 8 garlic cloves, skin left on
- 3/4 cup dry white wine
- 1/4 cup heavy cream
- 12 apricots, halved and pitted
- 1 tbsp. chopped fresh tarragon
- 1 tbsp. chopped fresh basil

Instructions:

1. Preheat the oven to 375°F. Have ready a large, oven-skillet that will hold all 8 pieces of chicken.
2. Using paper towels, pat the chicken dry. Season generously with salt and pepper on both sides. Sprinkle the flour over the chicken and toss it around to coat well on all sides.
3. Heat the butter and olive oil in the skillet over medium heat. Add the chicken, skin side down, spaced evenly inside the pan. Reduce the heat to low and continue to cook until the chicken skin is very golden-brown and crisp, 8-10 minutes. turn the chicken over the skin side faces up.
4. Arrange the shallots and garlic evenly in the spaces between the chicken. Add the white wine and heavy cream and bring to a simmer

over medium heat. Transfer the skillet to the oven and bake until the shallots are almost fully tender and chicken is nearly cooked through, 20-25 minutes.

5. Add the apricots to the pan in the spaces between the chicken and shallots—it's OK for the skillet to be quite full at this point. Return the skillet to the oven until the apricots and shallots are tender and the chicken is fully cooked, 10-15 minutes more. Just before serving, garnish with the tarragon and basil.

Recipe



AVOCADO & CORN SALSA

Source: MyPlate
Servings: 5

Ingredients:

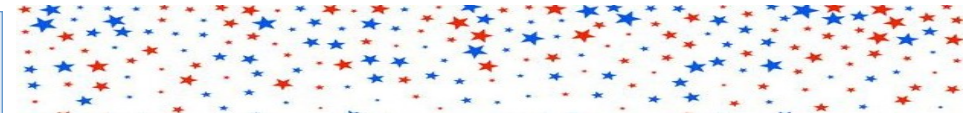
- 1 avocado (diced)
- 3/4 cup frozen corn kernels (thawed)
- 1/2 cup grape tomatoes (quartered)
- 1 tbsp. fresh cilantro (chopped)
- 2 tsp. lime juice
- 1/4 tsp. salt

Instructions:

1. Toss avocado, corn, tomatoes, cilantro, lime juice and salt in a medium bowl.
2. Chill one hour, and then serve.



3



SWEET & SOUR PORK SKEWERS W/ PINEAPPLE

Ingredients Sweet & Sour

Sauce:

- 1/2 cup pineapple juice
- 1/4 cup rice vinegar
- 2 tbsp. ketchup
- 1 tsp. sriracha
- 1 tbsp. soy sauce
- 1 garlic clove, minced
- 3 tbsp. sugar
- 2 tsp. cornstarch

Ingredients Skewers:

- 1 1/2 lb. pork tenderloin, cut into cubes
- 1 pineapple, peeled, cored and cubed
- Extra-virgin olive oil
- Salt and freshly ground black pepper
- 1 bunch scallions, thinly sliced

Instructions for Sauce:

1. In a small pot, combine the pineapple juice with the rice vinegar, ketchup, sriracha, soy sauce and garlic. Bring the mixture to a simmer.
2. In a small bowl, whisk the sugar with the cornstarch to combine. Add the sugar mixture to the pot and whisk well.
3. Simmer until the sauce thickens, 3-4 minutes. Set aside.

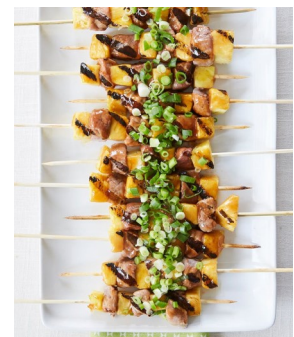
Instructions for Skewers:

1. Arrange the pork and pineapple on the skewers, alternating between the two. Repeat until all the skewers are assembled.
2. Brush the skewers with olive oil on both sides and

season with salt and pepper. Working in batches, cook on a preheated grill or grill pan until nicely charred on both sides, 4-5 minutes per side.

3. While the skewers are still hot, brush generously with the sweet-and-sour sauce. Garnish with scallions and serve.

Recipe



NAME: _____
 LOCATION: _____

To enter the drawing, you must complete at least one puzzle. You may email back to: employee-relations@countyofdane.com OR you may inter-d to CCB-418.

Entries are due: Wed. July 21st 10AM

Please circle prize of your choice. Due to limited amounts, it's recommended you circle more than one prize.

- FITNESS TRACKER HR
- MINI SOUND SPA
- INFUSER BOTTLE
- PETALS & DOG 1000 PC PUZZLE
- 3 MINI JIGSAW PUZZLES
- YOGA MAT (BLACK OR ORANGE)
- EXERCISE BALL
- JUMBO PUZZLE BOOK
- ULTIMATE BRAIN HEALTH PUZZLE BOOK
- COLORING BOOK + PENCILS
- PLENTY COOKBOOK (VEGETARIAN)
- MEAL PREP FOR WEIGHT LOSS
- HEALTHY SMOOTHIE RECIPE BOOK
- BEGINNERS LEVEL YOGA DVD
- TAI CHI FOR BEGINNERS DVD
- ON WEEK SHRED W/ JILLIAN MICHAELS DVD
- RESISTANCE BANDS
- 5D DIAMOND PAINTING BY NUMBER (RANDOM)



BRAIN STRAIN

PUZZLE #1: FIND AND CIRCLE

F M O Z Z A R E L L A P
 C E M U E N S T E R R A
 O S T A T E S Z S A I R
 L S P A R T A J S D C M
 B P L A N E T X I D O E
 Y F Z T A B B Y W E T S
 A M E R I C A N S H T A
 L I M B U R G E R C A N

FIND AND CIRCLE ...

- Ten types of cheese
- Mercury or Neptune
- Ancient Greek city known for its military
- Illinois and Kansas, for two
- Five-letter domestic cat

PUZZLE #2: SOLVE THE EQUATION

| | | | | | | | | | | | |
|---|---|----|---|-------|---|----|---|----|---|----|---|
| 5 | } | +7 | } | HALVE | } | +2 | } | x8 | } | -4 | } |
| | | | | | | | | | | | |
| | | ÷6 | | -2 | | x3 | | +1 | | | |