



HIGHWAY TO WELL & SAFETY

FACTS ABOUT PRIDE

June is Pride Month. Let's talk about the LGBTQIA+ community and how it became what it is today.

1. Stonewall Uprising: This took place on June 28, 1969 when police raided the Stonewall Inn, a gay bar known as a safe place for LGBTQIA+ individuals. This sparked riots, six days of protests, and clashes with police. This uprising was not the start of the movement, but was seen as a critical moment and spark in the movement.
2. One year after the Stonewall Uprising, cities held the first Pride parades. They were called gay liberation marches and were considered commemorative, but also protests. They drew thousands of people, police resistance and media coverage.
3. Here are a few history-making moments: Laverne Cox inspired the first transgender Barbie doll, Li Thomas became first transgender athlete to win NCAA Division One title, & Justine Lindsay became NFL's first openly transgender cheerleader.
4. The Society for Human Rights is the oldest documented gay rights organization in the US. It's based in Chicago and was founded by Henry Gerber in 1924. While stationed in Germany, he learned of the open LGBT community. His hope was to replicate this in the United States. In 2015, Henry Gerber House was declared a National Historic Landmark.
5. In June 26, 2015, the U.S. Supreme Court legalized same-sex marriage in all 50 states.
6. The first Pride flag was designed by gay artist Gilbert Baker in 1978. It originally had eight stripes with each color symbolizing a different concept. The flag first flew on Gay Pride Day in San Francisco on June 25, 1978.
7. Pride is celebrated at different times throughout the year depending on what city you're in. Atlanta, Orlando and Louisville all celebrate Pride in October, near National Coming Out Day on October 11.
8. If you're wondering what the Pride flag looks like today, just know it's common to see different variations because there are 17 different Pride flags. Each one symbolizes different identities: pansexual, lesbian, trans, and more.

For more information, please visit: [Article Link](#).

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Special Points of Interest

- **Newsletter Winner**
Carrie Braxton
Jessica Miller
Helen Campbell
Staci McChesney
- **Small Giveaway**
Amanda Tanke
- **Reimbursements Update**
Employee Relations is currently only accepting reimbursements for Gym Reimbursements. All other reimbursements will not be opening until Monday, July 10th.



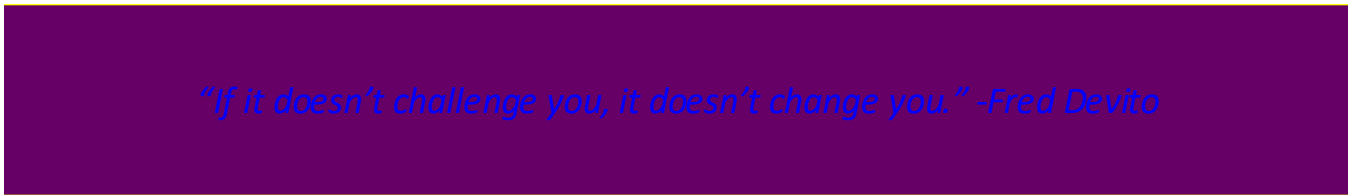
SAFETY TIP FOR EXERCISING OUTDOORS

Summer is here and many take their exercises outdoors to enjoy the sun and fresh air. However, it's important to remember the following details. We must always take care of how much bad exposure we have on our bodies.

1. **Avoid the hottest part of the day.** Best time to workout is before 10 am and after 3pm.
2. **Wear light-colored clothing.** Dark colors tend to absorb heat while light colors reflect the sun.
3. **Apply sunscreen.** Make sure the SPF is at least 30 SPF and reapply every two hours even if sweat proof. Wear a hat to protect your face from the sun.
4. **Stay hydrated with water.** Drink water before you head out and try to take sips every 15 minute during your workout, whether thirsty or not.

5. **Replenish your electrolytes.** Instead of a sports drink, reach for chia seeds, kale, coconut, fruits and vegetables.
6. **Listen to your body.** If dizzy, feeling faint or nauseous, stop exercising immediately. Sit in the shade and drink water until you're feeling better.

Reference: M3 Newsletter. June 2023.



Perks of Gardening

Let's go!

1. **Increased exercise.** A busy day in the garden can be a good form of exercise.
2. **Improved diet.** Eating your own fruits and veggies can have a positive impact on your diet.
3. **Time in nature.** Being outdoors is good for your physical and mental health.
4. **Reduced stress levels.** Can lighten mood and lower levels of stress and anxiety.
5. **Social connection.** The gardening community is rich with people willing to share their expertise, time and plants.

[Full article](#)

To enter Small GA for Herb Starter Kit, please email: employee-relations@countyofdane.com with Subject Line: Herb Time.

Make sure name and job location is included.



FEW DETAILS ABOUT THE BRAIN

We all know just how important the brain is. So here are a few things to always keep in mind as the years tick by.

1. **Nutrition impacts the brain.** The brain requires a constant supply of nutrients to maintain structural and functional integrity. Any deficiency can have great impact. It's important to know what nutrients can have a positive impact on your brain function. Brain foods that can help you concentrate are fatty fish, green, leafy vegetables, berries, nuts and green tea. Antioxidants, found in fruits and veggies, can help protect the brain from oxidative stress and inflammation.
2. **Your brain is a vital organ that manages your ability to communicate, make decisions and live a full and independent life.** Alzheimer's disease is a type of dementia that affects memory, thinking and behavior. It's possible symptoms may eventually grow severe enough to interfere with daily tasks.
3. **Brain disease is not a normal part of aging.** There's no cure for Alzheimer's. You can still support brain health through lifestyle habits with exercising regularly, sleeping enough, eating a healthy diet and challenging your mind.

Some Items Need a Home

1. **Fitbit Charge 2 Bands**
Large —5
Small —8
***If you're interested, please email Employee Relations with the subject: Fitbit Band. First come first serve and two will be given until they're gone. Please mention size.
2. **National Parks Desk Calendar**
Okay, so half the year is pretty much gone, but at least this desk calendar can give you beautiful scenery to look at for the rest of the year.
***Please email Employee Relations with the subject: National Parks and name will be drawn from the pool of entries.
3. **Crossword Puzzle Desk Calendar**
Take a break and solve a puzzle for the next six months.
***Please email Employee Relations with the subject: National Parks and name will be drawn from the pool of entries.

Email address is: employee-relations@countyofdane.com

All entries must be received by the end of June (30th), 10 am.



GREEK SHEET PAN CHICKEN DINNER

Ingredients:

- * 1/2 cup olive oil
- * 1 lemon, juiced
- * 4 garlic cloves
- * 2 tsp. dried oregano
- * 1 tsp. dried thyme
- * 1 tsp. Dijon mustard
- * 1 tsp. kosher salt
- * 1/2 tsp. freshly ground black pepper
- * 6 chicken thighs, bone-in, skin-on
- * 1 medium zucchini, halved and sliced
- * 1 yellow bell pepper, chopped 1 inch pc
- * 1/2 large red onion, thinly sliced
- * 1 pint cherry/grape tomatoes
- * 1/2 cup Kalamata olives, pitted
- * 1/4 cup feta cheese
- * 2 tbsp. finely chopped parsley

Instructions:

1. Preheat the oven to 425°F. In a small bowl, whisk together the oil, lemon juice, garlic, oregano, thyme, Dijon mustard, salt and pepper.

2. Place the chicken thighs in a bowl and pour 2/3 of the marinade on top, then use your hands to toss the chicken in the marinade and make sure it's well coated. Marinate the chicken for 10-15 minutes.
3. While the chicken is marinating, spread the zucchini, bell pepper, red onion, and tomatoes onto the baking sheet and drizzle the remaining marinade on top. Toss together to coat the vegetables.
4. Add the chicken thighs to the baking sheet, nestling them around the veggies and bake for 30 minutes.
5. Remove the baking sheet from the oven, add the olives and feta and then place it back in the oven for another 10-15 minutes, or until the vegetables are softened and the chicken is cooked through the 165°F.
6. Sprinkle the chicken and vegetables with chopped fresh parsley before serving.

[Recipe Link](#)



MANGO SALAD W/ MINT YOGURT DRESSING



Ingredients:

- * 3 medium mangoes, peeled and cut into 1/4 inch slices
- * 3 medium Gala apples, cut into 1/4 inch slices
- * 2 tbsp. lime juice, divided
- * 1/2 cup plain yogurt
- * 2 tbsp. honey
- * 1 tsp. minced fresh gingerroot
- * 1/4 tsp. salt
- * 1/4 cup fresh mint leaves, thinly sliced

Instructions:

1. In a large bowl, combine the mangoes and apples. Drizzle with 1 tbsp. lime juice; toss to coat.
2. In a small bowl, combine the yogurt, honey, ginger, salt and remaining 1 tbsp. lime juice. Stir in mango mixture. Sprinkle with mint and toss to coat. Refrigerate for at least 15 minutes before serving.

[Recipe Link](#)

Tangy Poppy Seed Fruit Salad

Ingredients:

- * 1 can (20 ounces) unsweetened pineapple chunks, drained
- * 1 lb. fresh strawberries, quartered
- * 2 cups fresh blueberries
- * 2 cups fresh raspberries
- * 2 medium navel oranges, peeled and sectioned
- * 2 medium kiwifruit, peeled, halved and sliced

Dressing Ingredients:

- * 2-4 tbsp. honey
- * 1/2 tsp. grated lime zest
- * 2 tbsp. lime juice
- * 2 tsp. poppy seeds

Instructions:

1. Place all fruit in a large bowl. In a small bowl, whisk dressing ingredients. Drizzle over fruit; toss gently to combine.

[Recipe Link](#)



INSTRUCTIONS

Name: _____

Location: _____

To enter you must submit at least one completed puzzle. Make sure your name and job location is included and circle a prize. Inter-d to CCB 418 or email to: employee-relations@countyofdane.com.

Please circle a prize (picking more than one can help since some are limited):

- * Yoga Mat
- * Exercise Ball
- * Bloom Flowers 1000 pc puzzle
- * Black lunch bag
- * Exercise Ball
- * Water Botte
- * Fruit infusion water bottle
- * Jump rope
- * Muscle Roller Stick
- * Ab Wheel
- * Stretch Slan t Board
- * Golf Bals + Tees
- * Sound Spa
- * 100 Best Fresh Salad Recipes Book
- * Healthy Cookbook for 2 Book
- * Bowls Cookbook
- * Color by Number + Pencils
- * 101 Incredible Patterns Adult Coloring Book + Pencils
- * Complete Cooking for 2 Cookbook
- * Resistance Bands

BRAIN STRAIN

Puzzle #1: This one is apparently "Super" Hard. Let us know if that's true.

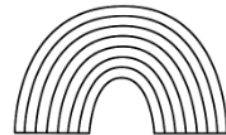
Rainbow Word Search

Instructions: Try to find all of the hidden Rainbow words in the word search puzzle below. (Words can be spelled forwards, backwards, diagonally, up, or down.)



Word List

ARCH	COLORS	RAINBOW
BEAUTIFUL	GREEN	RED
BLUE	LIGHT	SUNSHINE
CLOUDS	ORANGE	WEATHER
COLORFUL	PRISM	YELLOW



Puzzle #2: Fill in each empty cell of this grid with a number 1 through 6 so that each row, each column, and each outlined region contains six different numbers. Can you finish the grid?

Starting hint: There is an L-shaped piece along the bottom edge of the grid. It's projection contain a 4, so the number in the bottom-left corner must also be a 4. Look for other pieces with projections like this.

