

HIGHWAY TO WELL & SAFETY

2024

MARCH/APRIL

DISCIPLINE & MONEY

Half of Americans have \$500 or less in their savings accounts, leaving themselves vulnerable for unexpected expenses. Finance is the study and discipline of money, currency and capital assets.

Let's look at discipline. For many it can be very difficult to cultivate discipline when it comes to money. Here's some tips to keep in mind.

1. Know your strengths and weaknesses.
2. Remove temptations.
3. Set clear goals.
4. Practice regular diligence.
5. Create new habits and rituals
6. Change your perception about willpower.

Money saving challenges can be a great way to improve your discipline. There are challenges where you can save \$500 in 30 days to \$10,000 in 52 weeks. The point of such challenges is starting a habit of consistently saving, learning what type of financial goals you need to focus on, tracking a budget and improving your personal finances.

Find what works for you, keep track and hold yourself accountable. Don't be discouraged if you forget one week or can't because of an emergency. Pick right back up and continue. A habit becomes a habit as you practice over and over.

MONEY SAVING CHART

USE THIS CHART TO SAVE \$1,000 FOR YOUR NEXT VACATION!

\$9	\$19	\$6	\$28	\$22	\$19	\$35	
\$15	\$6	\$28	\$20	\$17	\$18	\$22	
\$4	\$20	\$8	\$26	\$19	\$15	\$29	
\$5	\$17	\$11	\$19	\$9	\$21	\$60	
\$31	\$18	\$22	\$27	\$5	\$23	\$0	
\$8	\$21	\$15	\$40	\$12	\$34	\$11	
\$19	\$25	\$3	\$20	\$7	\$33	\$51	
\$9	\$17	\$22	CROSS OFF ONE EACH WEEK = \$1,000!				3

choosytraveler.com

Please note that FEI (our EAP services) also have Financial assistance in managing expenses/debt, preparing realistic budgets, investing and more.

1-800-236-7905
Feieap.com (username: dane)

Reference:
[9 Powerful Ways to Cultivate Extreme Self-Discipline](#)

[Money-saving challenges: 23 types for every personality](#)

LAST MONTH'S WINNERS

- Heather Drolshagen
- Dusty Sippola
- Thomas Wipperfurth
- Maria Guerrero Ruvalcaba
- Marla Hellenbrand
- Brenda Ziegler (Sound Sleep)

DATES TO REMEMBER

- April 2nd Blood Drive: Review 2/29 dated email from Katelyn Thurs.
- April 15th Tax Day: If you are going to need a copy of your W2, please contact payroll sooner rather than later. Email: employee-relations@countyofdane.com.

AWARENESS DATES

- March 21 National Flower Day
- March 26 Epilepsy Awareness Day
- March 28 Something on a Stick Day
- March 30 Take a Walk in the Park
- April 2 World Autism Awareness Day
- April 10 National Siblings Day
- April 22 International Mother Earth Day

BLACK PEPPER BEEF STEW



Ingredients:

- 1/3 cup plain whole-milk Greek yogurt
- 1 tbsp. plus 1 tsp. freshly ground pepper
- 2" piece ginger, peeled, finely chopped, divided
- 6 garlic cloves, finely chopped, divided
- 2 1/4 tsp. kosher salt, divided
- 2 lb. boneless beef chuck roast, cut into 1" pieces
- 2/3 cup vegetable oil, divided
- 2 medium onions, quartered, thinly sliced
- 1 jalapeno, finely chopped
- 2 tbsp. ground coriander
- 1 tbsp. garam masala
- 1 tsp. cumin seeds
- 4 oz. snow peas, trimmed
- 4 oz. sugar snap peas, trimmed
- Cilantro leaves and steamed rice

Reference: [Bon appetit](#)

BRAIN STRAIN

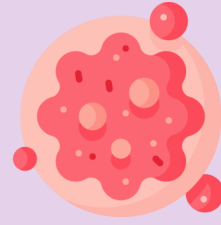
To enter the drawing you must complete the puzzle and pick a prize. It's helpful to pick more than one prize as prizes are limited. All drawings must be received by April 12th, 10am.

Circle at least one prize:

- | | |
|--------------------------------|----------------------------------|
| -acupressure mat & pillow set | -heating pad for neck & shoulder |
| -juicing book + blender | -balance disk |
| -sonic toothbrush +floss picks | -stress relief & self care cards |
| -1000 piece Maroon Lake Puzzle | -exercise dice + jumping rope |

Answer 1 "hard" trivia question:

1. What is the rarest blood type among humans? _____
2. Who was the first person to suggest Daylight Savings Times? _____
3. In a deck of cards, which king does not have a mustache? _____



5 MYTHS ABOUT CANCER

Cancer is a very scary word. Hearing all of the myths that come along with it make it even scarier. Here are a few you can disregard.

Myth #1: Most cancers are caused by inherited gene mutations. Only 5%-10% of cancer cases are strongly linked to inherited gene mutations.

Myth #2: Deodorant causes breast cancer. Multiple studies have found no link between the two.

Myth #3: Eating less sugar starves cancer cells. While true that all cells consume glucose, a "tumor cell doesn't really have to struggle for available glucose."

Myth #4: Cell phones cause brain cancer. They do emit radiation, but not the kind that potentially causes cancer. It's nonionizing radiation which is too weak to cause genetic damage.

Myth #5: Aspartame is a major cancer risk. Actual major cancer risks include smoking and exposure to asbestos. Aspartame is an artificial sweetener. And evidence shows it's safe in the amounts most people consume.

Reference: Prevention Magazine. March Issue. Pages 36-38.

*If you want to win 2 coloring books with a set of coloring pencils, please email:
Employee-relations@countyofdane.com
Subject: Color me Crazy
Please include name and job location.
Entries must be received by April 12th. 10am.*