



Highway to Well & Safety



good luck

'TIS THE SEASON FOR ALLERGIES

It's that time of year where the particles find residence in our nasal cavity and give us strife. Let's test our smarts regarding allergies. Answers are on page 3.

1. What's the smartest way to protect your eyes from pollen?

- A. Wear Sunglasses
- B. Avoid touching your eyes while outside
- C. Don't go outdoors on high pollen days
- D. All of the above

2. If you didn't have seasonal allergies as a kid, you won't be affected by them as an adult.

- A. True
- B. False

3. Which of these is not an effective home remedy for allergies?

- A. An air filter
- B. A saline nasal rinse
- C. A humidifier
- D. Eye drops

4. Which one does not help fight allergies?

- A. Ginger
- B. Grapefruit
- C. Turmeric
- D. Honey

5. You should take allergy medication only when needed.

- A. True
- B. False
- C. It depends

HACK YOUR ENERGY LEVELS—PART 1

It takes a while for us to adjust to daylight savings times. Here are a few other ways you can help your body have more energy.

1. Acupuncture is thought to stimulate the nervous system. Side note: if you are on our health insurance plan, 10 acupuncture visits are included.
2. Bedtime is important because bad sleep means low energy so respect a consistent bedtime.
3. Cutting down on sugar can be very helpful especially since "sugar crashes" are VERY real. Slightly reduce your sugar intake so your metabolism can better convert food into energy.

Reference: Your A to Z Guide to having more energy. Prevention magazine. Feb Issue. Page 43.

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SPECIAL POINTS OF INTEREST

- **Feb Newsletter Winners**
Jordan Hamilton
Jessica Krueger
Laurie Lambert
Janet Poff
Melissa Dimpfl
Samantha Haack
Patricia Alexandre
Carrie Braxton
Dena Sedlmayr
Heather Drolshagen
- **Green Thumb Winners**
Bonnie Jones
Michelle Wagner
- **Blood Drive—April 1**
City-County Building
1-800-733-2767





*“March forward,
and greatness
follows”*

IRISH STEW RECIPE

Ingredients:

- 2 lb. boneless, beef chuck roast cut into 1 inch cubes
- 1/4 cup unbleached, all-purpose flour
- 1 tsp. salt
- 1/2 tsp. black pepper
- 2 tbs. olive oil
- 1 onion finely chopped
- 1/2 cup beef broth
- 1 bay leaf
- 2 cup baby carrots
- 4 russet potatoes peeled, cut 1 inch cubes

Instructions:

1. Place the beef cubes, flour, salt and pepper in a large Ziplock bag or bowl. Seal and shake to coat all cubes with flour or stir gently.

2. In a large skillet, heat oil until simmering. Add the beef cubes and brown on all sides. Do not crowd meat in pan. Do this in batches if your pan is not large enough to accommodate all the meat at one time. As the meat browns, remove it to crockpot.
3. Add the onions to the drippings in skillet and sauté until tender. Add the onions to the crockpot.
4. Stir in the beef broth and bay leaf. Cover and cook on LOW for four hours.
5. Add the carrots and potatoes and stir gently to combine. Cook on LOW for another two to four hours or until meat
6. Adjust the seasonings with salt and pepper to taste.

[Link to recipe](#)

LIFE ON A BUDGET

With things getting more and more expensive, it may become difficult to prep on a low budget and even more importantly to prep food that is healthy.

For this month, one winner will win:

1. Meal Prep on a Budget: How to Prep Healthy meals on \$40 a week by Matt Kearns
2. Reusable Food Storage Bags
3. Digital Kitchen Scale



As a bonus, a second name will be drawn from this pool entries and will win The Ultimate Book of Grilling Cookbook since grilling season is right around the corner.

To enter, please email: employee-relations@danecounty.gov.
Subject: Budget. By: 3/28 2pm.

Make sure you include your job location.

5 MYTHS ABOUT FRIDGE FOOD SAFETY

A bite of spoiled food can be a big mistake. Making sure you're properly handling your newly bought food and leftovers is important.

Myth #1: You need to cool down leftovers before they go in the fridge. The answer is no. Your left overs can be warm or even hot. Truth is it's better than leave it out to cool. Cooling in the fridge reduces time it spends in the danger zone where bacteria can multiply quickly. It is smart to keep warm leftovers away from sensitive items like dairy products and meat.

Myth #2: You can't refreeze foods after you've thawed them. It's actually okay to do so if you do it right. Refreeze only food that was thawed in the fridge or cooked to an internal temperature of 165°F and that wasn't sat out for more than two hours. Food thawed in microwave or cold water must be cooked before you refreeze it.

Myth #3: The best place to keep eggs is on the door. The door is the worst place to keep eggs. It is the warmest spot and has the least stable temperature. This instability happens with the opening and closing of the door. To limit bacteria growth, eggs need a cold, calm, and stable environment.

Myth #4: You shouldn't keep canned food that has been opened in the fridge. It's safe to put that half-full can of tomato paste in the fridge. However, make sure to cover the can tightly with aluminum foil or plastic wrap to prevent germs and mold spores from getting into it. Handle just like other left overs by tossing them after 3-4 days.

Myth #5: Fruits and veggies are okay in the same drawer. To keep produce fresh, keep them separated. Fruits like bananas, apples, tomatoes and avocados evoke a gas that speeds up decaying of nearby vegetables.

Reference: Prevention Magazine. March Issue. Pages 22-25.



'TIS THE SEASON.... (CONT'D)

1. Answer: D. Glasses provide an excellent physical shield. Touching your face can unintentionally irritate your eyes by rubbing pollen into them.
2. Answer: B. Most cases of seasonal allergies may first pop up in childhood, it's not uncommon to develop allergies one or two seasons after moving to a new place. This is because you may gain expose to new trees, grasses or weeds.
3. Answer: C. Using saline nasal spay can help flush out allergens. Eye drops act as artificial tears, rinsing irritants out of itchy eyes. Air purifiers can help reduce allergens. A humidifier on the other hand could make allergy symptoms worse.
4. Answer: D. Stocking up on allergy-fighting foods is a good idea. Ginger helps improve nasal allergy symptoms, turmeric may help reduce inflammation I nasal passages and citrus fruits are a natural antihistamine. There is no proven research with regards to honey.
5. Answer: C. It's good to plan for allergy season. Usually a topical nasal steroid spray used regularly throughout the season may be just as effective.



Reference: Prevention Magazine. March Issue. Pages 7-9

BRAIN STRAIN Spring Flowers

Puzzle #1: Word Search

D	L	L	S	A	C	S	C	A	L	I	L	S	R
A	A	R	H	R	P	Y	Y	A	W	J	A	I	S
I	S	A	O	I	N	L	S	I	O	I	O	S	D
S	E	C	L	P	L	O	R	N	I	D	R	Y	L
Y	U	U	Y	I	O	I	Q	D	A	H	L	I	A
S	T	H	L	A	S	U	T	R	T	P	O	Y	H
L	M	S	Y	I	I	H	T	N	I	C	A	Y	H
F	E	R	L	L	F	O	R	S	Y	T	H	I	A
I	R	T	S	D	R	A	D	N	E	V	A	L	M
W	Y	S	T	E	R	I	A	L	F	S	L	E	N
M	C	R	E	P	E	M	E	R	T	L	E	P	Y
I	L	M	A	I	L	L	I	W	T	E	E	W	S
O	I	T	E	C	A	R	N	A	T	I	O	N	S
S	S	A	C	C	D	A	F	F	O	D	I	L	S

JONQUILS
SWEET WILLIAM
CROCUS
WYSTERIA
DAHLIA
TULIPS
CARNATIONS
DAFFODILS
CREPE MERTLE
FORSYTHIA
HYACINTH
LILAC
LAVENDAR
PANSY
LILLY
DAISYS
IRIS

Name: _____

Location: _____

To enter the newsletter drawing, complete the puzzle and submit to CCB 418 or employee-relations@danecounty.gov.
Due by March 28, 2pm.

Please circle your top 3 prize choices:

- Fruit infuser bottle
- Pushup board
- Exercise ball
- Exercise dice
- Skipping rope
- Ab wheel
- 16 slot seed storage
- Coconut sponges + Swedish dish cloths
- Anywhere table tennis
- Neck stretcher
- Yoga mat
- Balance disc
- Acupuncture Point Handbook
- Delish Insane Sweets Cookbook
- Wreck this Journal
- The Complete Cookbook for Two

Puzzle #2: Identify all 3 flowers.

