

HIGHWAY TO WELL & SAFETY

Survey Finds Many People Prioritize Their Cellphone Over Their Safety

Would you risk life and limb to save your cellphone? For many people, the answer is yes, according to the results of a recent survey.

Impact protection manufacturer D30 recently commissioned a survey of consumers from the United States and the United Kingdom to understand how connected they are to their cellphones and find out what lengths they'd go to to retrieve or save the device.

Findings show that 20% of the respondents would climb onto subway tracks to retrieve their phone, while 54% would retrieve it from a portable toilet at a festival. Additionally:

- 59% would jump into a pool fully clothed at a wedding.
- 56% would climb into a dumpster.
- 51% would miss an international flight rather than leave a lost phone behind.

"Our research shows people will go to astonishing lengths to rescue their devices," D30 CEO Stuart Sawyer said. "Your phone isn't just technology. It's your connection to friends, family, work, entertainment, memories and your whole life."

To Julia Kite Laidlaw, senior program manager of the Road to Zero initiative at the National Safety Council, the survey results are cause for concern.

"We might laugh at some of the lengths people will go to for their phones, but putting yourself in danger by climbing onto subway tracks is no joke," Kite-Laidlaw said. "You can always replace a phone. You can never replace your life. It's worth it to spend a little bit of money on phone insurance or a data storage plan to have peace of mind. With the ability to upload your data and photos into the cloud, even if your physical phone disappears, you will still have your digital life. Have a backup plan that doesn't involve risking your personal safety."

[Full Article](#)



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Special Points of Interest:

- **Blood Drive—November 4th**
Madison Municipal Building
www.redcrossblood.org
- **Upcoming Holidays—**
Nov. 11th—Veteran's Day
Nov. 27th—28th—Thanksgiving
- **Dean Living Healthy Rewards Portal resets 1/1/26.**
Make sure to redeem points by 12/31/25 in order to get \$150 in rewards.
- **Open Enrollment—Health Insurance and FSA (Flexible Spending Account)**
October 14th—November 11th
See emails from Carol Cady-Severson and Rylee Schuchardt regarding enrollments.



One-Pot Cheeseburger Pasta

SERVES: 4

PREP TIME: 10 MIN

COOKTIME: 25 MIN

High Protein, Low Sugar, Nut Free

INGREDIENTS:

- ◆ 100ml milk
- ◆ 125g mature cheddar (coarsely grated, plus extra to serve)
- ◆ 100g fusilli (or other pasta of your choice)
- ◆ 1 tsp olive oil
- ◆ 1 large onion
- ◆ 1 tsp mustard
- ◆ 1 tsp ketchup (plus extra to serve)
- ◆ 500g minced beef
- ◆ 2 tomatoes chopped
- ◆ 50-70g pickles chopped
- ◆ 1 tsp Worcestershire sauce
- ◆ 500ml warm beef stock
- ◆ Sliced dill pickles and/or jalapeños, to serve

[Recipe Link](#)

DIRECTIONS:

1. Heat the oil in a large lidded saucepan over medium heat. Fry the onion for 3 min, then add the mince and cook for a further 5 mins until lightly browned.
2. Add the tomatoes and Worcestershire sauce and cook for 2 mins until the tomatoes are pulpy and starting to soften. Pour in the stock and bring to boil.
3. Stir in the pasta, then cover and cook for 10-12 mins until the pasta is tender and the liquid has mostly been absorbed, adding a splash of water if needed.
4. Pour in the milk and stir in the 100g of the cheese, stirring until melted. Check the seasoning and transfer to a serving dish or bowls. Drizzle with mustard and ketchup, then scatter with the remaining cheese, pickles and jalapeños and a good grinding of black pepper. Serve with more ketchup on the side.

"If you want to feel good, you have to go out and do some good." – Oprah Winfrey

Safe Online Shopping

The global marketplace allows us to shop anywhere there is an internet presence. Shopping online safely starts with making sure you know who you are doing business with before you begin any transactions. Scammers lure their victims in with fraudulent social media ads or emails, create phony copies of familiar websites that are identical to the real thing, and exploit public Wi-Fi systems to intercept your data. All of these tactics hinge on tricking you into believing you are interacting with a trusted business, and illustrate why it is so important to know who you are doing business with. When shopping online, you have a variety of payment options, however, credit cards offer several protections which make them the most secure payment method. Some issuers offer a virtual card number feature, which creates a one-time use card number and helps you avoid entering your permanent card details online. Credit card issuers also offer expanded fraud protection, which can provide peace of mind if something goes wrong.

Following these simple steps can help you shop online with confidence:

1. Shop with trusted retailers.
2. Only use secure, verified websites.
3. Use unique passwords for each online account.
4. Avoid public Wi-Fi for purchases.
5. Monitor your bank accounts regularly.
6. Be wary of paying by gift card or cryptocurrency.
7. And remember, if an offer seems "too good to be true," it probably is.

Online shopping does not have to be risky if you follow these basic guidelines. Awareness and caution can go a long way in protecting your finances and personal information. Learn more about how to stay protected by visiting the Wisconsin Department of Agriculture, Trade and Consumer Protection's website at DATCP.wi.gov.



Apple Chips

SERVINGS: 4 SERVINGS

PREP TIME: 10 MIN

COOKTIME: 3 HRS 30 MIN

INGREDIENTS:

- ◆ 3–5 small apples
- ◆ 2 teaspoons cinnamon
- ◆ 2 teaspoons sugar, any type of sugar will work

DIRECTIONS:

1. Preheat your oven to 200°F, and line 2 baking sheets with parchment paper or silicone mats.
2. Core the apples and then thinly slice them with a mandolin.
3. Place the apple slices on the baking sheets, making sure that they're not overlapping.
4. Add the cinnamon and sugar to a small bowl, and stir to combine. Sprinkle the mixture over the top of the apples.
5. Put the baking sheets in the oven, one on the top rack and one right below it. Bake for 2 1/2 hours, switching the position of the racks halfway through.
6. Turn off the oven, and leave the apple chips in the oven for another hour while they finish cooking and drying.
7. Remove the apple chips from the oven and let them cool completely before eating.

[Recipe Link](#)

"Know your worth, and then make sure to add tax." – Unknown

Is Sourdough Bread Healthier Than Regular Bread?

The health benefits of sourdough bread may include:

- **Improved Digestion and Less Bloating:** Fermentation makes sourdough bread easier to digest by breaking down certain carbohydrates that are poorly absorbed in the small intestine. This process can make sourdough a good choice for many people, even those with mild gluten sensitivities. Although fermentation reduces gluten levels, it doesn't completely eliminate it so sourdough bread is not suitable for those with celiac disease or gluten intolerance.
- **Better Blood Sugar Control:** Fermentation lowers the glycemic index of sourdough bread. A lower glycemic index means sugars are released more slowly into the bloodstream, helping to prevent spikes in blood sugar levels. This makes sourdough a better option than regular bread for people managing diabetes or insulin resistance.
- **Improved Nutrient Absorption:** The fermentation process helps release minerals like iron, zinc and magnesium from the flour, making them easier for your body to absorb. Fermentation also reduces phytates and other compounds that can bind to minerals and interfere with their absorption.
- **Gut Health Support:** Fermentation converts some of the starch in the flour into resistant starch – a type of carbohydrate that behaves more like fiber, slowing digestion in the small intestine. Instead, it passes into the large intestine largely intact where it ferments and feeds beneficial gut bacteria. Increased levels of good bacteria support a balanced gut microbiome, which is linked to improved digestion, a stronger immune system and improved mental health.
- **Heart Health Support:** Sourdough bread, when made with whole grain, can contribute to heart health. The fiber content can help lower cholesterol levels and support healthy blood pressure. Additionally, the improved mineral absorption from the fermentation process supports cardiovascular function.

****This month's side giveaway is a Sourdough Starter Kit. To enter, use Sourdough in the subject line and include name and job location in the body. Email is indicated on page 4. Deadline: November 14th

[Full Article](#)

THE BEGINNER BODYWEIGHT WORKOUT DO THREE CIRCUITS OF THE FOLLOWING

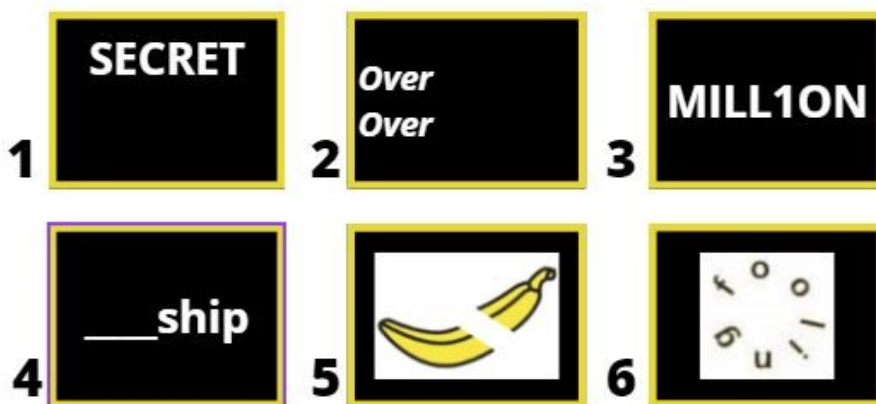


*“Take care of
your body, it’s
the only place
you have to
live.” – Jim
Rohn*

BRAIN STRAIN

PUZZLE #1:

1. _____ 2. _____ 3. _____
 4. _____ 5. _____ 6. _____



PUZZLE #2: In the following equation,
the digits 0 to 9 have all been used, and
the top row’s digits add to 9.

Knowing that O = Odd, and E = Event
(zero is even), can you determine each
digit?

Answer: _____ + _____ = _____

$$\begin{array}{r}
 \text{EEO} \\
 \text{EEO} + \\
 \hline
 \text{OEEO}
 \end{array}$$

To enter this month’s newsletter puzzle
drawing, please complete and either
inter-d or email it to Employee Rela-
tions. **Deadline: November 14th**

Inter-d: CCB 418
 Email: employee-relations@danecounty.gov

Please circle at least 3 prizes that inter-
est you:

- Ab Wheel & Jumping Rope Set
- Balance Disc
- 24 in Foam Roller
- Exercise Dice
- Pushup Board
- 500pc Green Bay Packer Search Puzzle
- Blender Bottle
- Color by Number Mosaic Animals
- Easy Sheet Pan Cookbook
- Digital Kitchen Scale
- Inflatable Donut Ball
- Anti Inflammatory Diet Meal Prep Cookbook
- Wreck This Journal
- Migraine Relief Ice Head Wrap