



live well, work well

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Brought to you by: Holmes Murphy & Associates

Save Lives: Don't Text and Drive

Cellphone use while driving contributes to roughly 100,000 accidents and thousands of fatalities each year. Though many states have banned cellphone use while driving, distracted driving continues to be a widespread issue. April is National Distracted Driving Month, the perfect time to recognize the dangers of distracted driving, and to make a pledge to stop!

- On average, texting causes drivers to look away from the road for 4.6 seconds. When traveling at 55 mph, a car travels the length of a football field without the driver looking at the road.
- A driver using a cellphone has the same reaction speed as a driver with a blood alcohol concentration of .08 percent—the legal limit for drunk driving.
- Drivers using cellphones miss half of the information in their driving environment, such as relevant objects, visual cues, exits, red lights and stop signs.
- A texting driver is between eight and 23 times more likely to be in an accident.
- Cellphone use is reported in 18 percent of distraction-related fatalities.



Distracted driving is a difficult, but important, habit to break. Follow these guidelines if you are tempted to use your cellphone while driving.

- Turn your phone on silent so you are not tempted to respond to any text or call.
- Keep your phone in your trunk or glove box while driving.
- If you have a smartphone, download an application like [ZoomSafer](#) that blocks incoming calls and texts if you are traveling faster than 10 mph.
- If you need to make a phone call or send a text, pull over to a safe location and put your car in park.

For more information about distracted driving, visit www.distraction.gov.

Sneaky Nutrition

Have picky eaters at home? If you're concerned about their nutrition, try these sneaky yet easy tricks to healthier eating:

- Serve smoothies made with non-fat yogurt to get finicky eaters to load up on fruit.
- Fill your spaghetti sauce with minced carrots or other vegetables. It's a nutritional entrée when spread over whole-wheat pasta.
- Finely dice vegetables or make a veggie puree to add to recipes. Chances are your picky eaters won't notice these additions but will still receive all the benefits.
- Put antioxidant-rich blueberries in pancakes to give breakfast a fruit boost. Stir flaxseed meal into the batter to boost the nutritional value even further.

DID YOU KNOW

A young child may have to try a new food more than 10 times before he or she develops a taste for it.



Shop Local – Community-Supported Agriculture

Community-supported agriculture (CSA) is a growing trend that allows consumers to buy local, seasonal food directly from a farmer. CSA generally consists of a local farmer offering a certain number of “shares” of his crop to the public. Consumers purchase a share and receive a box full of fresh produce each week throughout the farming season. Here are some of the benefits of CSA membership:

- Members get to eat the freshest produce available, full of flavor and vitamins.
- Because they receive whatever the farm produces, members are exposed to new fruits and vegetables
- Typically, farmers will provide an annual tour of their farm for CSA members.

- Children will often prefer food from “their” farm, eating vegetables they’ve never been known to enjoy.
- All profits go to the farmer, stimulating the local economy.

For more information, visit www.localharvest.org/csa/.



Spring Clean Your Way to Savings

Spring brings renewal, including clearing the clutter that’s collected since last year’s deep-clean. As you begin spring cleaning, the following tips will help you put some money-saving muscle behind your elbow grease to make it even more worthwhile.

- Organize – By getting rid of the items you no longer use, you can better organize the things you do. This allows you to find items when you need them and cuts down on unnecessary purchases.
- Sell your items – Sell anything that you no longer use but has decent resale value. Host a garage sale or list your items on the Internet.
- Donate to charity – Any item that isn’t worth selling but is still useful should be donated to charity. When you donate, take the tax write-off that will help you at the end of the year.
- Clean your appliances – Appliances tend to get overlooked during the cleaning process. Simply cleaning the filters on refrigerators, dishwashers and dryers will help them run at peak efficiency, saving on energy costs over the long run.
- Cleaning supplies – Look for discounted cleaning supplies throughout the year and stock-up when you find a good deal. This way, when it’s time for spring cleaning, you won’t need to buy any supplies at full price.

Simple Spaghetti Sauce

Spread this easy sauce recipe over whole wheat spaghetti noodles for a meal that is both nutritious and delicious.

- 2 tbsp. olive oil
- 2 small onions, chopped
- 3 cloves garlic, chopped
- 1½ cups zucchini, sliced
- 1 tbsp. oregano, dried
- 1 tbsp. basil, dried
- 1 can (8-oz) tomato sauce
- 1 can (6-oz) no-salt-added tomato paste
- 2 medium tomatoes, chopped
- 1 cup water

In a medium skillet, heat oil. Sauté onions, garlic and zucchini in oil for five minutes on medium heat. Add remaining ingredients and simmer covered for 45 minutes. Serve over spaghetti.

Yield: 6 servings. Each serving of sauce provides 105 calories, 5g total fat, 1g saturated fat, 15g carbohydrates, 260mg sodium and 4g fiber.

Source: www.health.gov.



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Substance Abuse

Understanding addiction

Addiction is a disease that affects your brain and your behavior. When you become addicted to alcohol or other drugs, your brain reacts in certain ways so that a powerful urge to use these substances controls your behavior. When you are addicted, you use that addictive substance without thinking of the consequences, such as problems with health, money, relationships and performance at work or school.

What substances are addictive?

People can become addicted to alcohol, nicotine, illegal drugs and drugs that doctors prescribe. Some drugs may cause addiction more easily than others. When prescription drugs are taken correctly, there is a much smaller chance of becoming addicted. Prescription drugs can be dangerous if they are abused by taking more than the doctor prescribes, taking them when they are not needed or mixing them with other drugs or alcohol.

How do I know if I'm addicted?

You have a problem with drugs or alcohol if you continue to use them even when they cause problems with your health, finances, work, school or relationships. You may have a problem if you need to use more and more of the substance to obtain the same effect. Listen to loved ones who express concern over your behavior.

What treatments are available?

Addiction is a chronic, relapsing disease. It may take a number of attempts before you can remain free of drugs or alcohol. Treatment can include counseling, medication or both. Your doctor will help you find the treatment that is right for you.

What can I do to help myself?

Understand that you can take control of what you do. You can't control all the things that happen in your life, but you do have control over how you react, so use that control. The following are steps you should

follow to help break your addiction:

- Commit to quitting. Make a plan and follow it.
- Get help from your doctor. Your doctor can give you support and help you find a treatment program that meets your needs. Your doctor can also treat withdrawal symptoms and other problems that you may have as you recover from your addiction.
- Get support. Ask your family and friends for support. You can also contact organizations or groups that may help provide you with the tools and support you need to break your addiction and live a healthy, happy life.



Did You Know...?

The best way to prevent substance abuse and addiction is avoidance. Don't use addictive substances (or use responsibly in the case of prescription drugs). Stay away from people and situations that expose you to substance abuse and other addictive behavior.