

“Stall Talk”

Copies can be obtained by logging onto eHR or by contacting Angela Deem, adeem@scgov.net or 650-9908

Ways to Help Fight Cancer

1. Try and avoid too many highly salted foods such as pickled and smoked foods, these may increase the risk of some types of cancer.
2. Drink alcohol moderately. Alcohol may increase the risk of cancers of the mouth, windpipe, throat and liver. Smoking and drinking together can increase the risk of cancer.
3. Diets rich in vitamin A, vitamin C, and a precursor of vitamin A called beta-carotene, may reduce the risk of certain cancers. Cruciferous vegetables such as broccoli, brussel sprouts, cabbage, cauliflower, collards, mustard greens, rutabagas, and turnips and their greens also reduce risk.
4. Choose poultry such as chicken and turkey, and remove the skin and visible fat before cooking. Choose fresh fish and shellfish, plain frozen seafood without sauce, and canned fish packed in water rather than canned fish packed in oil, or fried seafood. Choose dry peas and beans over nuts and seeds.
5. If you broil, grill or barbecue, protect foods from contact with smoke, flame, and extremely high temperatures. They can produce possible cancer-causing substances. Food should be wrapped in foil before grilling or barbecuing.

http://www.ediets.com/news/article.cfm/cmi_237124/cid_1

Oven Fried Chicken with Flax

If you have high cholesterol, Flaxseed may greatly reduce your cholesterol levels!!

Ingredients:

- ◆ 1 beaten egg
- ◆ 3 tablespoons skim milk
- ◆ 1/2 cup ground flaxseed
- ◆ 1/2 cup finely crushed unsalted crackers
- ◆ 1/4 teaspoon black pepper
- ◆ 1 tablespoon dried parsley flakes
- ◆ 1 teaspoon paprika
- ◆ 1 teaspoon chili powder
- ◆ 1 teaspoon garlic powder
- ◆ 1 teaspoon seasoned salt
- ◆ 2-3 pounds chicken pieces

Instructions:

Preheat oven to 350 degrees F. In a small bowl, combine egg and milk. In a shallow container, combine ground flax, cracker crumbs, pepper, parsley, paprika, chili, garlic, and seasoned salt. Remove skin from chicken and rinse with water, pat dry. Dip chicken into egg mixture; coat with crumb mixture. Place chicken on greased baking pan so pieces do not touch. Bake for 45 minutes or until chicken is tender and no longer pink. Do not turn pieces while baking.

Abs Class as well as a *Toning Up Class* will be offered at the Administration Fitness Center (1660 Ringling Blvd-5th Fl).

Starting Oct. 3rd, *Toning Up Class* meets both Mondays and Wednesdays from 5:30 to 6:30p.m.

Starting Oct. 11th, *Abs Class* meets both Tuesdays and Thursdays from 12:00 to 12:30p.m

We suggest you reserve a seat for the *Abs Class* to ensure a resistance ball is available.

For more information please contact Jennifer Phelps, jphelps@scgov.net or 861-5299.

Are you really listening?

The different types or levels of communication include: 1) Facts; 2) Thoughts and Beliefs; and 3) Feelings and Emotions. The common denominator is to stop talking and really pay attention to the message being delivered

- ◆ To be an effective listener, you need to find a balance between listening, hearing and responding.
- ◆ In the event there is confusion, make sure you send the message back you need clarification on a few points.
- ◆ Allow the sender of the original message to clarify without interrupting. Give the sender the opportunity to clear up any misunderstandings before you jump back in.
- ◆ Continue to use eye contact and the “listening” body language. Be careful about crossing your arms or anything that may be interpreted as being closed or critical. Both will damage the sender’s ability to provide a clear message and will negate your best efforts to effectively listen.
- ◆ Do your best to remain empathetic and non-judgmental. Work to be accepting and respectful of the person and their feelings and beliefs (even if you do not agree) without invalidating or sharing your own position

<http://www.mindtools.com/pages/Newsletters/29Jun05.htm>