



Don't Get Scammed!

In today's world, most people have stopped carrying cash in favor of using plastic credit and debit cards. However, this poses a whole new risk for you and your wallet. Keep the following tips in mind to protect both your bank account and your identity:

- Protect your credit and debit cards the same way you would if you had cash. Never leave your plastic lying out for anyone to see.
- Take your wallet or purse with you when you leave the workplace for lunch. Whenever possible, keep it in a locked drawer or locker.
- Keep an eye on your monthly statements, even if you have payments automatically deducted or are fully aware of everything that has been charged or debited. There have been many reported cases of dishonest merchants using customers' credit/debit card numbers to run up

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Protect your credit cards the same way you would cash.

LIVE WELL, WORK WELL

You Need Therapy – Vacation Therapy!

Sure, we all look forward to a great vacation... but are you aware that getting away is actually *healthy* for you? It's true! According to a study by the State University of New York at Oswego, men who take annual vacations reduce their risk of death by 20 percent, and the risk of heart disease drops by 30 percent! This is because taking a break from everyday life at work gives the mind and body a chance to de-stress.

You may not be able to afford a big elaborate vacation, especially in these considerably tough economic times. However, that is no excuse to not get away! There are plenty of ways to take a break close to home:

- Take a drive into the country or a small town for a few days. Explore the state you live in – you will probably discover a whole slew of new things!
- Plan a trip to a neighboring state that you can drive to in a day or less.



- Rent a moderately priced hotel room in your city. It will still feel like vacation – especially if you decide to order room service!
- Check out last-minute vacation packages and airfare online. Many companies will have great deals if your trip is within the next 30 days.

One final point: When you go on vacation, do NOT take work with you. The whole point of getting away is to temporarily forget the fact you even have a job to do! You might not care to hear it, but your workplace *will* survive without you.

thousands of dollars in charges. There have also been incidents in which thieves collected discarded charge slips from the garbage and use your name or credit card number.

- Separate your cards and try to only carry one or two at a time. That way, if you should get pickpocketed or your purse gets stolen, the thief will not have access to all your funds.
- Always shred any paperwork with your financial information and/or personal information on it.
- Never give out your PIN or Social Security number if randomly solicited via e-mail or phone. Reputable companies would never ask for this type of sensitive information in that manner.

If you should become the victim of a stolen credit or debit card, notify your financial institution and the credit card issuer immediately.



Don't Worry... Be Happy!

According to researchers at the University of Bristol (Great Britain), people who exercise before work or during their lunch break are happier, more productive, and less stressed than those who do not.

The study consisted of 200 participants that filled out questionnaires about their mood, workload and performance, both on days they worked out and days they did not. Key findings included:

- On workout days, 79% thought their mental performance and interpersonal skills were better.
- 74% discovered their workload was easier to cope with on days they exercised.
- 72% found they managed their time better on days they exercised.

So, why not consider getting up a little bit earlier to squeeze a workout into your daily routine, or go for a brisk walk during lunch? You may significantly diminish your job stress... or even see it disappear altogether!

Baba Ghanoush (Eggplant Dip)

Sure, this recipe may not SOUND all that appealing, but once the kids give this a try, they'll be begging for more!

- 2 large eggplants (1¼ pounds)**
- 2 Tbsp. tahini**
- 4 cloves garlic, peeled and crushed**
- 3 Tbsp. fresh lemon juice (or more to taste)**
- 4 Tbsp. cold water**
- ¼ tsp. salt**
- Pinch of freshly ground black pepper**
- ½ tsp olive oil**
- 1 cup chopped tomatoes**
- ½ cup diced onion**
- Parsley sprigs for garnish (optional)**

Pierce the eggplants in several places with a toothpick or fork. Wrap each in aluminum foil and place in the oven at 500°F. Cook until the eggplants collapse and release a lot of steam (about 10-15 minutes). Remove the foil and place them in a bowl of cold water; peel while still hot and allow to drain in a collander until cool. Squeeze pulp and mash the eggplant to a purée. In a food processor or blender, mix tahini, garlic, onion, tomato, lemon juice and water until concentrated. With the blender running add the peeled eggplant, salt, pepper and olive oil. Serve and garnish with black pepper, tomatoes and parsley. Perfect with toasted pita bread! Serving size is one-eighth of the recipe and contains only 70 calories, 5 g fiber, 2 g protein and 15% of the recommended daily amount of vitamin C!



Recipe courtesy of the Centers for Disease Control and Prevention (CDC). Visit www.fruitsandveggiesmatter.gov and click on "Recipes" for more tasty, healthy recipes!