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## Notice:

If you would like to receive a copy of the newsletter sent to your email address, please provide your email address to:

DHutchings@stlouisco.com

## Power in numbers: How to start a walking group

### Mayo Clinic Tools for Healthier Lives

<http://www.mayoclinic.com/health/walking>

Walking alone gives you an opportunity to carve some time out of a hectic day for yourself. You can achieve fitness while listening to favorite tunes or taking time to reflect on your surroundings. But sometimes you may find greater success in numbers.

If it's difficult for you to maintain your motivation by yourself, consider joining a walking group. If there's no group to join, start your own.

Walking with a group gives you an opportunity to socialize. And having new friends who enjoy walking can inspire you and hold you accountable to your own walking goals.

The camaraderie you experience in a walking group can help you stay on track with walking for fitness. And the new friends you make can make it well worth the effort.

## Healthy Recipe - Spiced Shish Kebabs with Horseradish Cream

### Ingredients:

1 pound boneless top sirloin steak, all visible fat discarded, cut into 1-inch cubes  
2 teaspoons chili powder  
2 teaspoons dried oregano crumbled  
1 teaspoon dried cumin  
¾ teaspoon garlic salt  
Vegetable oil spray

### Horseradish Cream

1/3 cup fat-free sour cream  
2 tablespoons fat-free or light mayonnaise dressing  
1 tablespoon prepared white horseradish  
½ teaspoon garlic salt

1 large red onion quartered  
1 medium yellow bell pepper cut in cubes  
16 cherry tomatoes  
Chili powder to taste

### Directions:

Put steak in a shallow bowl. Sprinkle with chili powder, oregano, cumin, and ¾ teaspoon garlic salt. Toss gently to coat. Let stand 15 minutes.

Preheat broiler or grill. Lightly spray the broiler pan or grill with vegetable cooking spray.

In a small bowl stir together the ingredients for the horseradish cream except the chili powder. Sprinkle chili powder on top.

Thread the vegetables and meat onto skewers alternating order. Put kebabs on the rack or grill.

Broil about 4 inches from heat for 4 minutes. Turn the kebabs and broil another 3 minutes, or until desired doneness.

Serve with horseradish cream.



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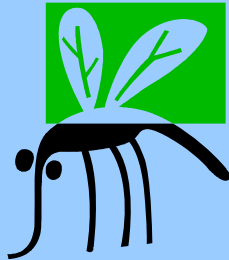
## Recent Retirements Congratulations!

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### May 2006

|                      |               |
|----------------------|---------------|
| Ted Beeler           | Sheriff's     |
| Patricia Bell        | Police        |
| Ronald Cohen         | Police        |
| Michael Farmer       | Police        |
| William Isgriggs     | Justice Svcs. |
| Michael Jones        | Health        |
| Willie Nolan         | Highways      |
| Robert O'Blennis     | Pros. Attys.  |
| Dennis Raterman      | Police        |
| Allan Reinhardt      | Health        |
| Jessie Riddle-Rush   | Justice Svcs. |
| Vernon Roach         | Public Wks.   |
| Mary Scott           | BOE           |
| Daina Skujins-Kinlen | Parks         |
| Mary Ann Tyra        | Health        |
| Carol Walters        | Health        |



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## Don't Be a Mosquito Breeder St. Louis County Health

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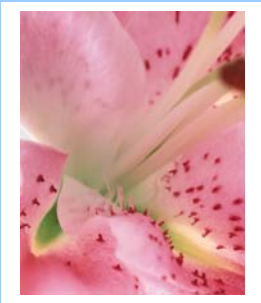
Ready or not – they're back! Mosquitoes! As the temperature outside begins to rise, so does the mosquito population. Mosquitoes are a summer nuisance and can ruin an otherwise great day of outdoor activities. But more importantly, they also pose a health threat; transmitting diseases such as West Nile Virus, St. Louis encephalitis, and dog heartworm.

### **What can you do to stop mosquitoes in their tracks? Don't be a mosquito breeder! Dump standing water!**

- ✓ Clean rain gutters and downspouts
- ✓ Discard old tires or store inside
- ✓ Empty any container that might collect water
- ✓ Store wheelbarrows, canoes, boats upside down
- ✓ Empty, clean and refill birdbaths and small wading pools weekly
- ✓ Stock ornamental ponds with fish that eat mosquito larvae
- ✓ Repair leaky outside faucets
- ✓ Keep grass cut and bushes trimmed

### **Protect Yourself From Mosquitoes**

- ✓ Protect yourself. Spray clothing and exposed skin with insect repellents (always follow label instructions). Use repellents containing no more than 50% DEET on adults, 10% or less DEET on children 2 – 12 years old.
- ✓ Wear protective clothing such as light colored, long sleeved shirts, long pants and socks while outdoors.
- ✓ Limit outdoor activity at dawn and dusk when mosquitoes are most active.



## 4<sup>th</sup> of July

### Safety Tips for Your Pets

The Fourth of July is a time when many people are getting together for barbeques, fireworks, and celebrations. However, for the four-legged members of your family this holiday can be quite frightening. Scared pets may try to jump through windows, over fences, break ropes, and run blindly to escape from the fireworks. The easiest way to keep your pets safe is to keep them inside.

- ❖ Bring them in BEFORE it starts to get dark.
- ❖ See your veterinarian if you pet needs to be sedated.
- ❖ Make sure your pet wears some form of identification.



## In Remembrance of Our Friends

*Every passing life leaves something beautiful behind*

### January 2006

Donald Schmidt 01/26/2006 Police

### February 2006

Loretto Clopak 02/20/2006 Sheriff's Office

G. Carter Inkley 02/21/2006 Revenue

Marie Stroback 02/21/2006 Data Processing

Grace Stultz 02/28/2006 Sheriff's Office



### March 2006

Robert Bremerkamp 03/30/2006 Revenue

Thomas Kartmann 03/16/2006 Accounting

Carl Young 03/01/2006 Police

### Employee

Dane Allred

03/20/2006

Justice Svcs.

## Wit & Wisdom of Will Rogers...Still Good Today

- ☺ If you find yourself in a hole, stop digging.
- ☺ Never miss a good chance to shut up.
- ☺ The quickest way to double your money is to fold it and put it back in your pocket.
- ☺ Letting the cat out of the bag is a whole lot easier than putting it back.
- ☺ Good judgment comes from experience, and a lot of that comes from bad judgment.
- ☺ It don't take a genius to spot a goat in a flock of sheep.
- ☺ If you get to thinkin' you're a person of some influence, try ordering someone else's dog around.
- ☺ No nation ever had two better friends than we have. You know who they are? The Atlantic and Pacific oceans.
- ☺ We can't all be heroes because someone has to sit on the curb and clap as they go by.

### Retirement Plan Assets

As of 04/30/2006 \$430 million

As of 05/31/2006 \$418 million