



August 2020

National Zucchini Day August 8

Zucchini is available year-round in grocery stores, but they're at their peak right now. You can find them fresh, local and cheap. Unlike the winter squash coming into markets in the months ahead, zucchini has edible skin and small, soft seeds.

Zucchini is a good source of potassium and vitamins C and A, and it's super low in calories — wins all around, but mostly they are a delicious, multifunctional and easy addition to any meal.

- ◆ Slice, then fry or sauté in olive oil. Add parsley, onion, garlic, or other herbs to season.
- ◆ Munch on the raw squash. Cut into spears and eat with hummus or ranch dip.
- ◆ Add slices or chunks to your green salad for some additional crunch and flavor.
- ◆ Add to baked goods such as breads, muffins or pancakes, for extra moisture and nutrition.
- ◆ Make a frittata by mixing grated zucchini with eggs and any other veggies (i.e. onion, tomato, sweet red pepper) you have around and cook like you would an omelet.
- ◆ Roast alone or with other veggies such as, onion, white or sweet potatoes, Brussels sprouts, green beans or yellow squash.
- ◆ Looking to go low-carb? Use zucchini in place of pasta. Use a vegetable peeler or spiralizer to turn zucchini into “pasta” ribbons or noodles”.

Recipes abound in cookbooks and on the internet. Just Google “ways to use zucchini” for an almost unlimited number of suggestions and recipes.



Emotions and Work



Our emotions greatly affect our work and work relationships. Being aware of the things that can help us improve these areas are even more important now with the changes due to COVID-19. Isolation, changes in how and where we work, and increased stress, makes maintaining a positive work outlook even more challenging.

Daniel Goleman, author of Emotional Intelligence (Bantam), says these qualities help people work at their highest level:

- ◆ **Self-awareness.** Knowing how you feel and assessing your abilities.
- ◆ **Self-control.** The ability to stay calm and think clearly under stress.
- ◆ **Desire.** Using emotions to help guide you toward your goals.
- ◆ **Empathy.** Concern for others which generates the “How can I help you?” theme with fellow workers and team members.
- ◆ **Social skills.** Forming relationships with others that bring cooperation from fellow workers and bosses.



By taking some time to develop and maintain these qualities you can improve your work life and that of your coworkers.

Justice will not be served
until those who are unaffected
are as outraged as those who are.

Equity
Fairness
Justice

Benjamin Franklin



You CAN Forgive...and Live Longer

If you have an on-going feud with your brother, or secretly seethe over something your boss has done, beware. You are in danger.

An offense by your partner or friend may wound you so badly you think your only choice is to stay mad and stay distant. Health researchers at Harvard Medical School say forgiveness is not a shortcut around anger. It is a way to move on once anger has subsided. Here are some ways to start the process:

Acknowledge your anger. You need to feel righteous anger before you can move on.

- ◆ Consider the offender. He may still have redeeming qualities. Someone still loves this person if it is only his mother or his dog.
- ◆ Don't slander. If you have to speak about him, speak no evil.
- ◆ Focus on freeing yourself of resentment. Think about it before going to sleep.
- ◆ Think kind thoughts. A woman who was unjustly fired pictured the offending supervisor finding a valued object that had been lost.
- ◆ Keep going. Don't worry if it takes a long time to forgive. The important thing is to start.

Many studies show that people who forgive have lower levels of anxiety, higher self-esteem and better emotional health than those who do not. One study of women struggling to forgive betrayal by a friend or coworker showed that those who got rid of grudges had lower blood pressure.

Short bursts of rage aren't that harmful. But feeling the anger again and again over months or years has devastating effects. Pounding blood can erode coronary artery walls. Platelets will then clump to fill the abrasions. Over time plaque will accumulate in the damaged areas, leading to coronary artery disease.

Public Hotspots Risky

Everyday activities such as reading email or news on your mobile device can be risky at public Wi-Fi hotspots, according to Norton, Inc.

When you join a public network, you are at risk for a cybercriminal intercepting, or just snooping in your private communication. This can compromise your passwords and credit cards.

Some Wi-Fi hotspots look familiar but can be malicious. Norton gives the example of a hotel called the Goodnyght Inn. You join the network Goodnght Inn. Check the spelling. The name is not the same. It is probably a rogue hotspot set up by cybercriminals.

Norton gives these rules:

- ◆ Never allow your Wi-Fi to auto-connect to networks.
- ◆ Don't click on links. Go directly to the website and verify it by typing https before the address.
- ◆ Don't leave your Wi-Fi or Bluetooth on if you aren't using them.
- ◆ Never access business or financial accounts on public Wi-Fi.



Outdoor Tactics to Limit Bug Bites

You are less likely to be attacked by stinging or biting insects if you:



- ◆ Avoid their habitats, like tall grass, flower gardens, and stagnant water.
- ◆ Avoid wearing perfumed lotions that smell like flowers.
- ◆ Don't wear brightly-colored or floral-patterned clothing (dull white or khaki are best).
- ◆ Use insect repellent sprayed on clothes and sprayed lightly on skin. Spray only on clothes (not on skin) of kids under 12.