

Turret Steel Industries, Inc.
 Sunbelt-Turret Steel, Inc.
 Wilcox Steel

Wellness Newsletter



A Message From Wayne:

"Summertime, and the livin' is easy"...There are enough things that are not easy right now; learning a new computer system, selling steel in a tough market, paying for our kids' college, qualifying and competing in the Olympics, to name a few. But during the Summer time, it is easy to get ourselves out in the fresh air and get some exercise. You don't have to be an Olympic athlete. The weather is great and the days are long. Take a walk each night after dinner, ride a bike, go for a swim. Whatever you choose, it will make you feel better and make all the more difficult things in your life that much easier. Thanks, Sandi, for another great Wellness Newsletter!

Wayne

Table of Contents

Message From Wayne..... 1

Brain Teasers 1

Did You Know? 1

Healthy Employee..... 2

Cigarette Ingredients 3

Tips To Quit Smoking 3

Expiration Dates 4

Healthy Recipe 4

Brain Teaser Answers 4

"A life without love is like a year without summer." ~Swedish Proverb

Did You Know?

According to a report by *MSN Living*, it is estimated that we bring nearly 80% of all indoor dirt into our homes on our shoes. The recommendation is to leave shoes at the door on a newspaper because the paper is designed to absorb ink thus will soak up moisture, dirt, and odors from shoes.

We remember the photosynthesis process from school; plants absorb carbon dioxide and release oxygen. But did you know NASA research has consistently shown that house plants can remove several toxic chemicals from the indoor air? So not only do house plants look pretty, but they also improve the quality of the air we breathe.

There are many, many benefits to reading. For example, reading improves memory, writing skills, and analytical thinking skills. Reading also increases our vocabulary, concentration, and self-esteem all while helping reduce our stress levels. Reading is a relatively inexpensive hobby that can be enjoyed at home or virtually anywhere else!

We all like a bright, sunny day. But did you know that natural light is actually a safe and natural antidepressant? Serotonin, the mood-lifting chemical found in our bodies, increases with exposure to adequate amounts of natural light. Other ways to naturally increase serotonin: Exercise, meditation, and eating healthy.

According to Dr. Henry Lesesne, a gastroenterologist with UNC Health Care, ten minutes of laughter burns 45 calories. Dr. Lesesne refers to laughter as "internal jogging" and points out that studies have suggested that laughter has a positive effect on balancing the immune system.

Brain Teasers:

1. Tom's mother has three children. One is named April, one is named May. What is the third child's name?
2. There is an ice cube in a glass of water. When that ice cube melts, will the water level have risen, fallen, or remained the same?

(Answers on page 4)

Meet Another Healthy Employee

Brad Peterson, Turret Steel Sales
(Chicago) and his wife, Jess



Pictured:
Left: Brad water skiing
Center: Brad and Jess post-marathon
Right: Jess water skiing

We contacted Brad because we heard he and his wife have very healthy lifestyles. We asked Brad to send some photos and tell us about their healthy habits:

“My wife and I do the best we can to lead a fairly healthy lifestyle. We have made an effort to watch what we eat, not necessary the amount, but more so the types of food. While we may gorge occasionally, we’ll do it with veggies and hummus, as opposed to chips and dip. One of Jess’s favorite things to do is search for new recipes that are low in fat and calorie content, but still taste good. Probably 70-80% of our dinners start with a salad and end with chicken. We still like to eat pasta, but we lay off the cream sauces and opt for tomato sauce or olive oil and throw in veggies whenever possible (peas and broccoli are great for pasta dishes). The biggest thing is to focus on calorie content, and stay away from saturated fats. Mono-saturated fats aren’t going to hurt you as much and in moderation, are good for you.

Simple food swaps:

- Whole wheat pasta instead of egg noodles
- Celery or carrots w/ hummus instead of potato chips
- Olive oil instead of butter (olive oil has a lot of fat but it’s all mono-saturated and considered a “healthy fat”)
- Mustard instead of mayo on sandwiches (mustard has virtually no calorie content)
- Light beer and low/no calorie mixers instead of full flavor beer and sugary mixers
- Always seasoned and grilled instead of breaded and fried

We’ve also adopted a very active lifestyle that helps keep the metabolism up and burn calories. We try to go for a jog 2-3 times per week before work and we go to the gym 3-4 times per week after work. I’ve started going to the gym on my lunch break to get an extra workout in here and there. We try to have similar hobbies that keep us moving too; we both play tennis and golf whenever possible. I play in a 16” softball league and we both have started doing yoga classes. Most park districts offer Adult Recreational leagues that you can join either as a team or as a single. Chicago has something called the Player Sports Group that organizes all sorts of activities; soccer, basketball, softball, volleyball, etc. I would imagine most cities have something similar. Chicago also organizes running events on almost a weekly basis from spring thru fall. We did the marathon one year but we do a lot of the shorter (5k – 10k) events as well.

Tips to become/stay active:

- Join a sports league of some kind (We even do a bowling league; it’s not a big workout but it gets you up and moving)
- Take up an outdoor hobby or two: Golf, Tennis, Biking, Jogging
- Sign up for a 5k or 10k race – Not only will the race be a good workout, but it will provide motivation to train for something
- Take a walk after dinner (Anything helps!)

We’re not perfect and will sometimes go crazy on pizza or remain lazy for a week or so, but we’ve made a conscious effort to exercise and eat right most of the time. This keeps our energy level up and makes us both feel good.”

Thank you, Brad, for the inspiring words, great advice, and healthy tips!

Ingredients Found in Cigarettes

When we think of the ingredients found in cigarettes, nicotine is usually what comes to mind first. But, as reported by the *U.S. Department of Health and Human Services*, there are many other lesser known, yet extremely unsafe, ingredients found in cigarettes. Here are some frightening examples:



Acetone—Also found in nail polish remover

Ammonia—You clean your house with this chemical as well

Arsenic—The same ingredient found in rat poison

Benzene—Also used to make gasoline

Cadmium—Found in batteries also

Carbon Monoxide—The same odorless, poisonous gas that is emitted from our car exhausts

Cyanide—The same ingredient found in rat poison

Formaldehyde—Also used in embalming fluid

Hydrogen cyanide—A poison used in gas chambers as well

Tar—The very same chemical used to pave streets

Vinyl chloride—Also used to make trash bags

“You miss 100% of the shots you don’t take.” ~Wayne Gretzky

Timeline of Health Related Benefits Associated With Quitting

According to various research studies, there are many positive impacts on a person’s health when they quit smoking. Some are immediate while others take time, but all very beneficial and all the more reason to quit. As published by the Centers for Disease Control and Prevention:

- **20 minutes** after quitting your heart rate drops to normal.
- **12 hours** after quitting your carbon monoxide level returns to normal.
- **2 weeks to 3 months** after quitting your heart attack risk starts to drop and your lung function begins to improve.
- **1 to 9 months** after quitting coughing and other breathing problems will dissipate as lung capacity improves.
- **1 year** after quitting the excess risk of coronary heart disease will drop by half.
- **5 years to 15 years** after quitting your risk of having a stroke is reduced to that of a non-smoker.
- **10 years** after quitting your risk of lung cancer death is about half that of a smoker.
- **15 years** after quitting your risk of coronary heart disease will return to that of a non-smoker.

Tips for Quitting

All smokers are tired of hearing that they need to quit smoking, but it’s important to remind the people we care about that **any** day is the **right** day to quit. Here are some tips you or a loved one may find useful:

- Pick a date to quit and stick to it.
- Dispose of all cigarettes, ashtrays, and lighters.
- Ask friends and family not to smoke around you or in your home or car.
- Plan for those inevitable cravings by keeping gum, mints, celery, or carrot sticks nearby.
- Keep a list of why you want to quit and review it when you have the urge to light up.
- Let those around you know that you quit smoking and explain that it may cause irritability (most people are compassionate and will give you a ‘free pass’ to be a little grouchy).
- Talk with other ex-smokers; there are plenty of them so it won’t take long to find one! They can share what worked for them during their smoking cessation process.
- Ask your doctor for information to help quit smoking.

And always remember: ***If you do not succeed the first time—try and try again!*** Nearly every smoker makes multiple attempts before quitting permanently.

IT’S NEVER TO LATE TO QUIT



To receive live, online assistance from the National Cancer Institute, go to <http://www.smokefree.gov>. Or phone them at 1-877-44U-QUIT to speak with a counselor.



Food and Beverage Expiration Dates

Believe it or not, very few food and beverage items are required by law to be labeled with an expiration date. Items that require expiration dates are baby formula, some baby food, and some dairy items.

Most producers and manufacturers do mark their products with some type of expiration date, but this is done voluntarily. The terms you commonly see when checking for dates are:

Expiration date: This is the last date an item should be consumed. If the expiration date has past, toss the item as it can spoil and potentially cause illness.

Sell by date: This is the last date that an item is at its highest quality level, but it will still be edible for a period of time after that date. It is also a guideline for stores to know when to pull the item off the shelves.

Best if used before (or by): This date is an indicator of quality, not safety. It is also an indicator of the last day the item will have its best flavor and quality.

Guaranteed Fresh: This is usually found on baked goods. The item will still be edible after the date, but will not be at peak freshness.

Expiration Dates on Prescription and OTC Medicines

In 1979 a law was passed requiring drug manufacturers to list an expiration date on all of their products. There are people who believe that the expiration dates on medicine are just a ploy manufacturers use to get the public to purchase products more quickly. But there are also those who firmly believe they will become ill (or worse) if they take a medicine that is even just one day beyond the expiration date. Many studies have been conducted which found that most medicines are safe to take after the expiration date. But it is very important to note that there are some exceptions to this, such as tetracycline. Chemicals in medicine change or break down over time, making some medicines more potent while other medicines may become less effective over time. If you have an expired medicine, take the bottle to your doctor or pharmacist and ask them what their recommendation is for that specific medicine. Proper storage of medicines will help maintain their effectiveness. Always read storage recommendations carefully. For example, some antibiotics must be stored in the refrigerator. If the label does not indicate any special conditions, choose a storage location that is cool, dry, and out of the reach of children and pets. Oddly enough, 'medicine cabinets' are often the worst place to store medicine if they are located in a bathroom with a shower or tub because of heat and humidity.



HEALTHY RECIPE

Grilled Garlic and Herb Shrimp

Source: allrecipes.com

Ingredients:

- 2 teaspoons ground paprika
- 2 tablespoons fresh minced garlic
- 2 teaspoons Italian seasoning blend
- 2 tablespoons fresh lemon juice
- 1/4 cup olive oil
- 1/2 teaspoon ground black pepper
- 2 teaspoons dried basil leaves
- 2 tablespoons brown sugar, packed
- 2 pounds shrimp, peeled & deveined

Preparation:

- Whisk paprika, garlic, Italian seasoning, lemon juice, olive oil, pepper, basil, and brown sugar in a bowl until blended. Stir in the shrimp and toss to evenly coat with the marinade.
- Cover and refrigerate for at least two hours, turning once or twice to coat the shrimp.
- Preheat grill for medium-high heat, and lightly oil the grate.
- Remove shrimp from marinade, shaking off excess liquid and discard unused marinade.
- Place shrimp on the grill and cook, turning once, until opaque (2 to 3 minutes per side). Serve immediately.

Nutritional Information:
 Grilled Garlic and Herb Shrimp
 Servings Per Recipe: 4
 Calories Per Serving: 336

Answers to Brainteasers:

1. Tom.
2. The water level remains unchanged because a floating object displaces an amount of water equal to its own weight. Research *Archimedes' Principle* for more information.

If you have an idea for a future edition of the newsletter, please contact: Sandi Redmond at 800-245-4800 or sredmond@turretsteel.com

