



Welcome to the September edition of the H&S Newsletter. The leaves are already turning brown and the days are getting shorter. Fall is in the air and for the West Coast that means the rain is coming. This month we send special props out to our driving fleet, we offer some safe driving tips for when the weather gets wet, we touch on vitamin D deficiency and its hazards, and Vereena offers up a great tasting chicken recipe. Enjoy!

DRIVER APPRECIATION WEEK

During the first week of September we celebrated Driver Appreciation Week. For three days Jake served his world famous burgers, hot dogs, and onions and everyone shared some good time under the tent. Congratulations to all the Home Depot gift certificate winners. On behalf of the Health & Safety Committee, we send all of our terrific drivers a big thank you for all that you do. Our company has an exemplary safety record and you play a huge role in it. Your jobs are tough, physically and mentally demanding, and we thank you for doing it in a professional and safe manner!

DRIVING IN THE RAIN:TIPS FOR STAYING SAFE THIS FALL

The rain in Spain may stay mainly on the plain, but here on the West Coast there's an awful lot of it on the roadway. Rain is blamed for thousands of accidents yearly. Many of these accidents are preventable, but are caused by intrepid drivers who don't realize that fair- and foul-weather driving are fundamentally different.

When the road is wet, the film of the water on the asphalt causes tires to lose traction. Less obvious is the fact that rain reduces driver perception — it's harder to see through the rain — and also decreases visibility through its action on headlights, windshields and the road itself. While most people know to slow down in the rain, there are definitely other tips that will help keep

you, and those who share the road with you, from becoming a statistic.

- Exercise extreme caution after a long dry spell. During a dry period, engine oil and grease build up on the road over time. When mixed with water from a new rainfall, the road becomes extremely slick. Continued rainfall will eventually wash away the oil, but the first few hours can be the most dangerous.
- Allow for more travel time. You should plan to drive at a slower pace than normal when the roads are wet. Keep in mind that traffic is likely to be moving slower as well. There's also the possibility that your preplanned route may be flooded or jammed. Whatever the case, rushing equals higher risk.
- Brake earlier and with less force than you would normally. Not only does this increase the stopping distance between you and the car in front of you, it also lets the driver behind you know that you're slowing down. Also, be more meticulous about using turn signals, so that other drivers know your intentions, and take turns and curves with less speed than you would in dry conditions.
- Don't use cruise control. If you hydroplane, there's the chance your car could actually accelerate. Cruise control also allows drivers to be less vigilant and to



take their foot away from the pedals — not a great idea when reaction time is so important.

- After you cross a puddle, tap on your brake pedal lightly to dry off some of the water on your rotors.
- Turn on your headlights, even when there's a light sprinkle. It helps you see the road, and more importantly, it helps other motorists see you. However, don't blast your high beams in the rain or fog — it'll obscure your view further, as the light will reflect back at you off the water droplets in the air. If your car is equipped with fog lights, you may find it helpful to turn these on, as they throw a little extra light on the road while making your car easier to see.
- Watch out for pedestrians. An ordinarily observant pedestrian may become distracted by fiddling with an umbrella or a rain slicker. Plus, raindrops deaden sound, so the usual audio clues for measuring car distances become obscured. Keep a sharp lookout for people in the road.
- Give a truck or bus extra distance. Their extra-large tires can create enough spray to block your vision completely. Avoid passing one, but if you must pass, do it as quickly as safety allows.
- Defog your windows. Rain will quickly cause your windshield to fog up. Switch on both front and rear defrosters and make sure the air conditioning is turned on. Most cars' climate control systems will automatically engage the A/C when the windshield defrost function is selected.

Vitamin D Deficiency

If you shun the sun, suffer from milk allergies, or adhere to a strict vegetarian diet, you may be at risk for vitamin D deficiency. Known as the sunshine vitamin, vitamin D is produced by the body in response to sunlight. It is also occurs naturally in a few foods -- including some fish, fish liver oils, and egg yolks -- and in fortified dairy and grain products.

Vitamin D is essential for strong bones because it helps the body use calcium from the diet. Traditionally, vitamin D deficiency has been associated with rickets, a disease in which the bone tissue doesn't properly mineralize, leading to soft bones and skeletal deformities. But increasingly, research is revealing the importance of vitamin D in protecting against a host of health problems.

Symptoms and Health Risks of Vitamin D Deficiency:

Symptoms of bone pain and muscle weakness can mean you have a vitamin D deficiency. However, for many people, the symptoms are subtle. Yet even without symptoms, too little vitamin D can pose health risks. Low blood levels of the vitamin have been associated with the following:

- Increased risk of death from cardiovascular disease
- Cognitive impairment in older adults
- Severe asthma in children
- Cancer

Research suggests that vitamin D could play a role in the prevention and treatment of a number of different

conditions, including type 1 and type 2 diabetes, hypertension, glucose intolerance, and multiple sclerosis.

Vitamin D deficiency can occur for a number of reasons:

You don't consume the recommended levels of the vitamin over time. This is likely if you follow a strict vegetarian diet, because most of the natural sources are animal-based, including fish and fish oils, egg yolks, cheese, fortified milk, and beef liver.

Your exposure to sunlight is limited. Because the body makes vitamin D when your skin is exposed to sunlight, you may be at risk of deficiency if you are homebound, live in northern latitudes, wear long robes or head coverings for religious reasons, or have an occupation that prevents sun exposure.

You have dark skin. The pigment melanin reduces the skin's ability to make vitamin D in response to sunlight exposure. Some studies show that older adults with darker skin are at high risk of vitamin D deficiency.

Your kidneys cannot convert vitamin D to its active form. As people age their kidneys are less able to convert vitamin D to its active form, thus increasing their risk of vitamin D deficiency.

Your digestive tract cannot adequately absorb vitamin D. Certain medical problems, including Crohn's disease, cystic fibrosis, and celiac disease, can affect your intestine's ability to absorb vitamin D from the food you eat.

You are obese. Vitamin D is extracted from the blood by fat cells, altering its release into the circulation. People with a body mass index of 30 or greater often have low blood levels of vitamin D.

Treatment for Vitamin D Deficiency:

Treatment for vitamin D deficiency involves getting more vitamin D -- through diet and supplements. Although there is no consensus on vitamin D levels required for optimal health -- and it likely differs depending on age and health conditions -- a concentration of less than 20 nanograms per milliliter is generally considered inadequate, requiring treatment.

Guidelines from the Institute of Medicine increased the recommended dietary allowance (RDA) of vitamin D to 600 international units (IU) for everyone aged 1-70, and raised it to 800 IU for adults older than 70 to optimize bone health. The safe upper limit was also raised to 4,000 IUs.

If you don't spend much time in the sun or always are careful to cover your skin (sunscreen inhibits vitamin D production), you should speak to your doctor about taking a vitamin D supplement, particularly if you have risk factors for vitamin D deficiency.

JOKE OF THE MONTH

An elderly gentleman had serious hearing problems for a number of years. He went to the doctor and the doctor was able to have him fitted for a set of hearing aids that allowed the gentleman to hear 100%.

The elderly gentleman went back in a month to the doctor and the doctor said, "Your hearing is perfect. Your family must be really pleased that you can hear again."

The gentleman replied, "Oh, I haven't told my family yet. I just sit around and listen to the conversations. I've changed my will three times!"

RECIPE OF THE MONTH

Roasted Red Pepper Chicken



Recipe summary

Moist and tender chicken breasts smothered in a sweet and tangy roasted red pepper sauce!

If fresh basil is not available, substitute 1 teaspoon (5 mL) of dried basil leaves, adding it with the black pepper.

Preparation time: 10 minutes | Cooking time: 35 minutes | Yield: 4

Ingredients

- 1 pound (454 g) boneless, skinless chicken breasts
- 1 can (284 ml) CAMPBELL'S® Condensed Low Fat Cream of Chicken Soup
- 1/4 cup (60 ml) finely chopped roasted red pepper
- 1/4 cup (60 ml) apple juice
- 2 tablespoons (30 ml) ketchup
- 4 cloves garlic, chopped
- 1/4 teaspoon (1 ml) ground black pepper
- 2 tablespoons (30 ml) chopped fresh basil leaves
- 1/4 cup (60 ml) shredded Mozzarella cheese
- 2 cups (500 ml) hot cooked brown rice, cooked without salt

Directions

1. Brown chicken well in large non-stick skillet at medium-high heat. Reduce heat to medium.
2. Stir in soup, red pepper, apple juice, ketchup, garlic and black pepper. Heat to a boil. Reduce heat to low. Cover and simmer until chicken is fully cooked – about 20 minutes.
3. Add basil and stir well. Serve on rice and sprinkle with Mozzarella cheese.