



CITY OF SALISBURY

Wellness Committee

Newsletter

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National Cell Phone Courtesy Month

July is the perfect month to start working on your cell phone etiquette. Here are some tips to practice:

- **Avoid texting or calling when with someone. They deserve better than that.**
- **Be aware of your speaking volume. All shoppers don't need to know your business.**
- **Respect quiet zones. (hospitals, theaters, restaurants, etc.) Use silent mode.**
- **Keep voicemail messages short and speak clearly.**
- **Never text or talk while driving.**
- **Do not walk and text at the same time. This may not end well for you.**
- **Avoid talking to people around you when on the phone with someone. It's rude.**
- **Do not text during a meeting. You're there for a reason.**

Keep in mind that there was life before cell phones. The people you are with deserve your undivided attention.



Cell Phone Etiquette Quiz

1. What percentage of smartphone users think it is rude to look at a phone while you are having a face-to-face conversation?

- A. 10% B. 45% C. 67% D. 70%



2. What percentage of smartphone users had someone walk into them while looking at their phone?



- A. 36% B. 56% C. 86% D. 96%

3. What **two** public places do users see the worst cellphone behavior?

- A. Dept. Stores B. Grocery Stores C. Restaurants
D. Movie Theaters E. Office (workplace)

4. The average smartphone owner will click, tap or swipe their phone _____ times a day.



- A. 517 B. 1,239 C. 1,856 D. 2,617

5. What percentage of smartphone users use their phone in the shower?

- A. 12% B. 26% C. 31% D. 45%



The first person to email all the correct answers to jenglish@salisbury.md will win a gift card courtesy of the Wellness Committee.



JULIE ENGLISH MAYOR'S OFFICE

INTERESTS

hobbies: rock painting, being creative, time with friends

music: just about anything!

food: chicken fettuccini alfredo

Creativity is intelligence
having fun.

ALBERT EINSTEIN

This or That?

Coffee or Tea

Pizza or Hoagies

Theater or DVD

Beach Front or Lake Side

Spring or Fall

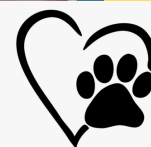
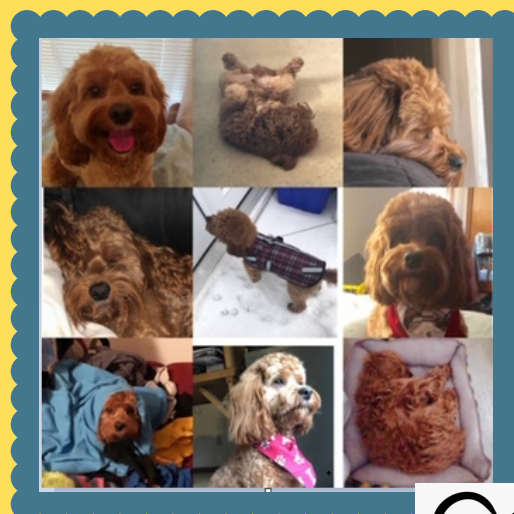
Sunrise or Sunset

3rd Friday or NFF

Ice Cream Cone or Snow Cone



Mother & Son



Quinoa Salad

Ingredients:

12 cups water
1 1/2 cups quinoa, rinsed
5 pickling cucumbers, peeled, ends trimmed, and cut into 1/4-inch cubes
1 small red onion, cut into 1/4-inch cubes
1 large tomato, cored, seeded, and diced
1 bunch Italian parsley leaves, chopped
2 bunches mint leaves, chopped
1/2 cup extra-virgin olive oil
1/4 cup red wine vinegar
1 lemon, juiced
1 1/2 teaspoons salt
3/4 teaspoon freshly ground black pepper
4 heads endive, trimmed and separated into individual spears
1 avocado, peeled, seeded and diced, for garnish



Directions:

1 Bring the water to a boil in a large saucepan. Add the quinoa, stir once, and return to a boil. Cook uncovered, over medium heat for 12 minutes. Strain and rinse well with cold water, shaking the sieve well to remove all moisture.

2 When dry, transfer the quinoa to a large bowl. Add the cucumbers, onion, tomato, parsley, mint, olive oil, vinegar, lemon juice, salt, and pepper and toss well. Spoon onto endive spears, top with avocado, and serve.



Special shout out to the Wellness Committee and Task Force for the hard work in trying to keep us healthy and safe. We appreciate you!



***Check out the *City of Salisbury's Wellness Committee* Facebook Page for great recipes and fun.**

***We also have an exciting announcement coming to an inbox near you.**

***Turkey meat pick up at the Visitor's Center for City of Salisbury employees only. Courtesy of Perdue Farms. Check your email for details and pick up times.**