



Wellness Committee
City of Salisbury



Lung Cancer Awareness

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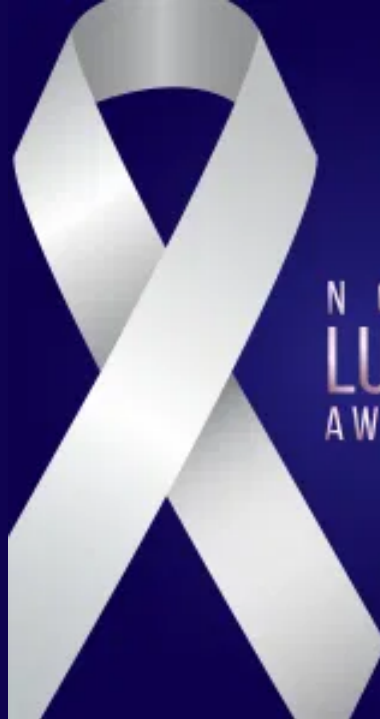
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N O V E M B E R
LUNG CANCER
AWARENESS MONTH

This topic is very personal for me. As I'm typing this, I have a very close family member scheduled for surgery tomorrow morning to get a lobe of her lung removed due to lung cancer. She was never a smoker but lived with a spouse that was. Her spouse passed years ago from throat cancer after having part of his tongue cut out and going through many challenges. She had to take care of him while he went through all of those challenges and now she is facing challenges of her own.

You don't have to be a smoker to get lung cancer. I'm pleading with you to take care of your lungs. The healthier you are the better prepared your body is to tolerate the things it comes in contact with. Please read the rest of the information in this newsletter about lung cancer. The earlier you detect there is a problem, the better your chances will be in beating it.

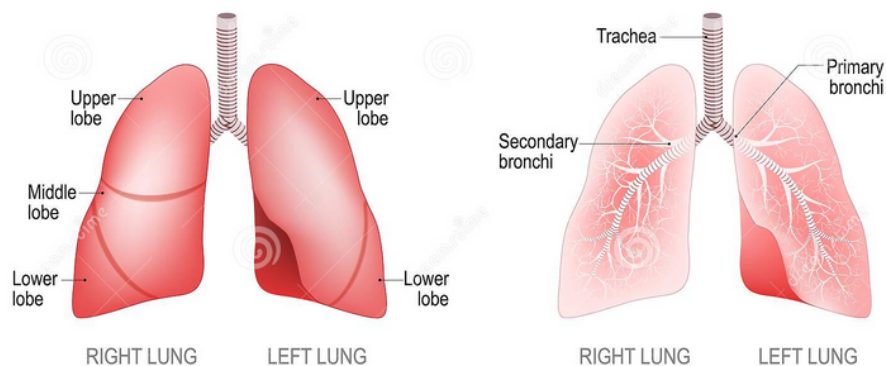
By: Julie English

Your Lungs



On the left are human lungs. On the right are human lungs on nicotine. Any questions?

Lung cancer is the leading cause of cancer deaths worldwide. People who smoke have the greatest risk of lung cancer, though lung cancer can also occur in people who have never smoked. The risk of lung cancer increases with the length of time and number of cigarettes you've smoked. If you quit smoking, even after smoking for many years, you can significantly reduce your chances of developing lung cancer.



CHERYL CARPENTER

FINANCE

INTERESTS

hobbies: Reading, Watching old movies
(westerns are my favorite)

music: Top 40, Country

food: Chicken , Pasta



This or That?

Coffee or Tea

Roadie Joe's or Mojo's

Netflix or Hulu

River walk or City Park

Sunrise or Sunset

Beach Trip or Fishing Trip

Cats or Dogs

Third Friday or NFF





Spaghetti Squash & Meatballs

Ingredients:

- | | |
|--|---|
| 1 medium spaghetti squash (about 2 pounds) | 1 pound ground beef |
| Kosher salt | 1 pound ground pork |
| 3 tablespoons extra-virgin olive oil, plus more for brushing | 2 large eggs |
| 2 stalks celery, chopped | 1 cup Italian-style breadcrumbs |
| 1 medium carrot, roughly chopped | 1 cup plus 3 tablespoons grated parmesan cheese |
| 1 medium onion, roughly chopped | 2 28-ounce cans tomato puree |
| 6 cloves garlic | 2 large sprigs basil |
| 1 cup fresh parsley leaves | 1 teaspoon dried oregano |



Directions:

- 1** Preheat the oven to 425 degrees F. Halve the squash lengthwise and scoop out the seeds. Sprinkle the cut sides with 1/2 teaspoon salt, then brush both sides with olive oil. Put the squash, cut-side up, in a baking dish and cover tightly with aluminum foil. Roast 20 minutes, then uncover and continue roasting until the squash is tender, about 35 more minutes.
- 2** Meanwhile, make the meatballs: Brush a baking sheet with olive oil. Pulse the celery, carrot, onion, garlic and parsley in a food processor to make a paste. Transfer half of the vegetable paste to a bowl; add the ground beef, ground pork, eggs, breadcrumbs, 1 cup parmesan and 1 teaspoon salt and mix with your hands until just combined. Form into about 24 two-inch meatballs; transfer to the prepared baking sheet. Bake until firm but not cooked through, about 10 minutes.
- 3** Make the sauce: Heat 3 tablespoons olive oil in a large pot over medium-high heat. Add the remaining vegetable paste and cook, stirring occasionally, until it looks dry, about 5 minutes. Stir in the tomato puree; rinse each can with 1 cup water and add to the pot. Stir in the basil, oregano and 1 1/2 teaspoons salt. Bring to a simmer, then add the meatballs and simmer until the sauce thickens and the meatballs are cooked through, 15 to 20 minutes. Remove the basil.
- 4** Use a fork to scrape the spaghetti squash flesh into strands; transfer to a large bowl and toss with 2 tablespoons grated parmesan. Season with salt. Divide the squash among bowls and top each with some meatballs, sauce and the remaining 1 tablespoon parmesan.



Thanksgiving Food Drive for The Pantry



For the month of November, we would like City of Salisbury employees to focus on GRATITUDE. As part of that initiative, The Pantry is looking for donations of canned, boxed, or bagged food items to bulk up our shelves before Thanksgiving. This will help other employees who may have a larger family to feed, smaller incomes, or just provide the ability to have more of a variety on your table for Thanksgiving dinner.

If you are able, please donate the following items to The Pantry:


- Boxed or bagged instant mashed potatoes
- Boxed or bagged stuffing mixes
- Canned corn
- Canned green beans
- Cranberry sauce
- Chicken or Turkey stock/broth
- Canned Sweet Potatoes

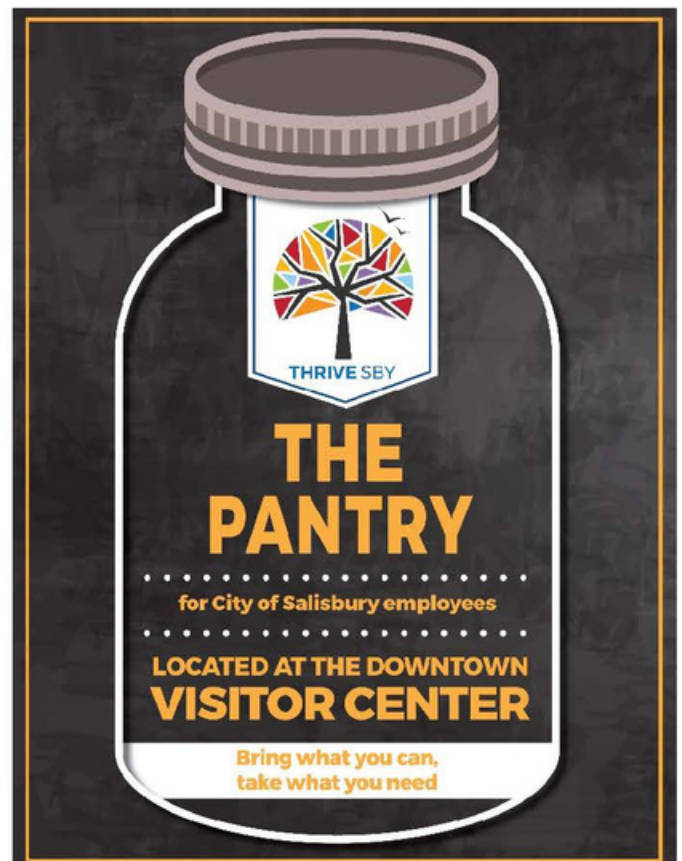
I have put together a few different recipes for you to use with your Thanksgiving leftovers, and you are welcome to pick up copies when you stop by on Tuesdays or Thursdays from 4:00-5:30pm.

Please contact Amy at azaprowski@salisbury.md to arrange your drop off day and time. Thank you so much and we hope to see you soon!

Enjoy the little things, for one day
you may look back and realize they
were the big things.

- Robert Brault

 SayingImages.com



Gratitude IS THE BEST *attitude*



This month we are challenging City of Salisbury employees to express their heartfelt appreciation for one another. All employees will soon receive an email with a form attached to be used to tell a coworker why you are thankful for them. Stay tuned...more details coming soon to an inbox near you!

Who, in your workplace, are you grateful for?





Letters for the Mayor - Thank you to all who shared their favorite snack and/or note for Mayor Day. The box was filled to the top, literally. He will be so excited with the variety of things in this package. For November, the City is focusing on Gratitude. Start thinking about those things you appreciate, are blessed to have, and couldn't do without in your lives. At the very least, we are all alive, working, and have each other.

Employee of the Month Nomination Forms - Nomination forms for the November EOTM are due to Julie English by Monday, November 30th. I look forward to getting them in the coming weeks as November rolls on. It is great to see so many different departments represented.

Stay tuned to your email for important events and other happenings you won't want to miss.