

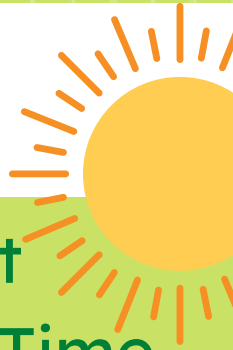


MARCH

Ringling in Spring

Happy March Everyone!

Are you ready for the warm spring weather? You are in luck! March is bringing the flowers, the warmer temperatures and the longer days.



5 Facts About Daylight Saving Time

1. It is "Saving" not "Savings". Yes, you have been saying it wrong.

2. It started in 1918 during WWI.

3. Germany was the first country to implement it.

4. Arizona & Hawaii are the only two states that do not observe DST.

5. Over 70 countries use it.

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WHEN: March 13th

SOUPER BOWL 2022

HIGHLIGHTS



1st Place Winner

This past February, the THRIVE committee held their annual "Souper" Bowl competition. City employees had the opportunity to create their own homemade soups, enter them in the contest and have them tasted by judges.

This year Donna Haag placed first with her Chicken Wild Rice soup! Congratulations Donna!

CHECK OUT THE RESULTS!

PRIZES:

- 1st: Trophy & \$50 gift card

- 2nd: \$30 gift card

- 3rd: \$20 gift card

Chris Demone

2

The Daily Special

Donna Haag

1

Chicken Wild Rice

Amy Zaprowski

3

Roasted Red Pepper & Tomato Soup w. Goat Cheese

See Jessie's Email for Recipes

EAT THE RAINBOW

Making sure your plate is filled with colorful foods is essential to your overall nutrition

red



- skin protection
- prevents cancer
- decreases blood pressure
- helps cell renewal

orange



- prevents cancer
- healthy skin
- supports immune system
- supports eyesight

yellow



- lowers cholesterol
- healthy joints & tissues
- supports eyesight
- healthy heart

green



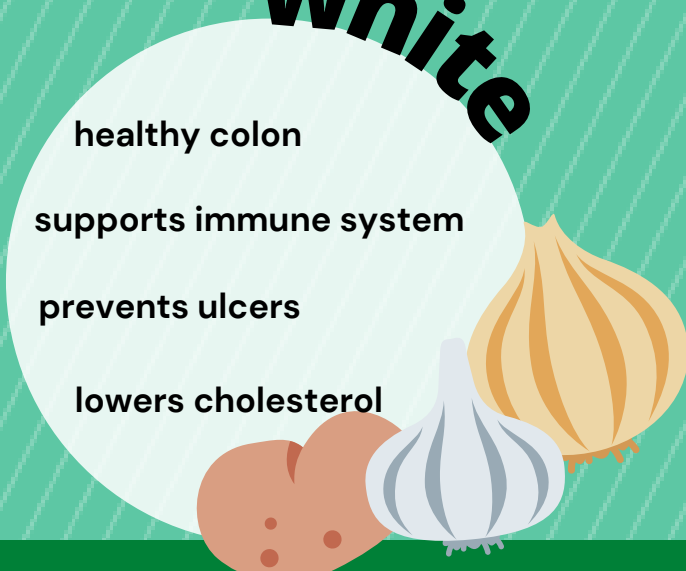
- prevents cancer
- improves digestion
- supports immune system
- healthy bones

purple



- healthy blood vessels
- helps memory
- healthy urinary system
- anti-aging

white



- healthy colon
- supports immune system
- prevents ulcers
- lowers cholesterol

Recipe of the Month

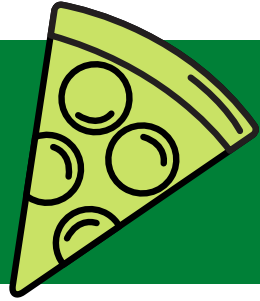
Zucchini Crust Pizza



TOTAL TIME:

Prep: 20 min. Bake: 25 min.

YIELD: 6 servings.



INGREDIENTS:

- 2 cups shredded zucchini, squeezed dry
- 1/2 cup egg substitute or 2 large eggs, lightly beaten
- 1/4 cup all-purpose flour
- 1/4 teaspoon salt
- 2 cups shredded part-skim mozzarella cheese
- 1/2 cup grated Parmesan cheese
- 2 small tomatoes, halved and sliced
- 1/2 cup chopped red onion
- 1/2 cup julienned bell pepper
- 1 teaspoon dried oregano
- 1/2 teaspoon dried basil
- Chopped fresh basil, optional

DIRECTIONS:

1. Preheat oven to 450°.
2. In a large bowl, combine zucchini, eggs, flour, and salt.
3. Stir in mozzarella cheese and parmesan cheese. Transfer to a 12-in. pizza pan coated generously with cooking spray; spread to an 11-in. circle.
4. Bake until golden brown, 13–16 minutes.
5. Reduce oven setting to 400°. Sprinkle remaining mozzarella cheese; top with tomatoes, onion, pepper, herbs and remaining parmesan cheese.
6. Bake until edge is golden brown and cheese is melted, 10–15 minutes.
7. Sprinkle with chopped fresh basil, if desired.



The Employee Spotlight

Q&A EDITION

Kim Miller

Title: Cashier II
Dept: Finance

Q: Before working for the city of Salisbury, what was the most unusual or interesting job you've ever had?

A: I was a Lab Tech for a chemical plant, it was an interesting position.

Q: What is something people would be surprised to know about you?

A: Before coming to work for the city, I owned a daycare for 18 years.

Q: What skill would you like to master?

A: To be able to talk in large groups.

Q: Do you have any pet peeves?

A: Going to the grocery store, filling my cart up in ten minutes, but having to wait 30 minutes to check out.

Q: If there were an unexpected "snow day" with or without snow, how would you spend it?

A: Cleaning, then reading a good book.

Q: What is your motto or personal mantra?

A: Live and love like there's no tomorrow.

Q: If money was no object, what would you do all day?

A: I would help people with disabilities and the elderly.

Q: If you could live anywhere, where would it be and why?

A: St. Thomas, because it's warm there all year.

Q: Who would you want with you if you were stranded on a deserted island?

A: My husband and children

Q: If you had to eat one meal everyday for the rest of your life, what would it be?

A: Fried Seafood Dinner

Q: Given your choice of turning any activity into an Olympic sport, what would you have a chance to medal at?

A: Walking fast!

TIME TO CLEAN

A GUIDE TO SPRING CLEANING



Spring cleaning is here! Taking 30 minutes out of your day to clean and organize your space will give you a fresh start and healthy environment to enhance your productivity.

Computer Cleaning

- clean out old computer files/organize files into folders
- organize cords and cables
- disinfect keyboard and mouse
- wipe down computer monitor
- use compressed air duster to clean keyboard

Desk Cleaning

- disinfect/dust off desk items
- throw away broken writing utensils/trash in desk
- organize desk and file papers
- shred papers not needed
- only put the things you absolutely need on your desk

Office-Wide Cleaning

- dust & disinfect all tables/countertops
- clean out refrigerator and disinfect
- clean out cupboards & throw away unnecessary items
- clean out microwave/toaster
- clean windowsills and blinds

MASSAGES

SIGN UP AND MARK
YOUR CALENDAR FOR
YOUR MASSAGE
[CLICK HERE](#)

WHEN & WHERE

Wed. March 23 from 9–12PM @ Fire Department

Thurs. March 24 from 1–4PM @ Police Station

Friday March 25 from 10–2PM @ Gov. Office
Building

UPCOMING EVENTS

EMPLOYEE OF
THE MONTH
- SUBMISSIONS
DUE MARCH 31

SUBMIT AT
[SALISBURY.MD/EOTM](https://salisbury.md/eotm)

SPAGHETTI TAKE
HOME MEAL
- MARCH 22ND
- @ MARKETPLACE
- CLICK HERE
TO SIGN UP

SKIN CARE
SUNSCREEN CLASS

- WILL BE IN MAY
- STAY TUNED FOR DATE
- FREE SUN CARE
SAMPLES

BAKE OFF!
- APRIL 25TH @
COUNCIL CHAMBERS
- THEME: TRAY BAKE
- BAKED IN A SHEET &
CUT INTO SERVINGS
- CLICK HERE TO SIGN UP