

AMH *Inside Out*

ANNOUNCING: AMH 2010 Summer Recreation Challenge

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Summer is BACK and it's time to have some fun! The days are longer and the sun is shining, so pull out those baseball caps, swimsuits, and hiking shoes and make the summer of 2010 the most active one yet!

On July 12th, AMH will kick-off the Site-Wide [Summer Recreation Challenge](#) on the Health Challenge Tracker. This challenge focuses on awarding points for an active, healthy, lifestyle where it's all about playing a game of ball with the family, making waves in the local pool, enjoying the view from the top of the hillside, and re-energizing with fresh, local food from a farmers' market. When we stay active in this way, we build relationships, family stories, and new skills. Most of all, we just get to have fun. The challenge is broken down into four simple categories; games, water, hiking, and fresh food.

Games

Playing games with family and friends is a great way to burn calories without even thinking about it! Softball in the yard, volleyball at the park, a round of golf at the local course... all such great ways to interact outside. The options are endless. Some of us enjoy a nice round of bocce ball or horseshoes, while others like the intensity of one-on-one basketball. Games provide us with a great opportunity to play and laugh which leads to positive feelings and a relaxed attitude.

Water

Splashing around in the pool, river, or sprinklers sure is a great way to beat the heat! Even on the hottest day of summer, a good dip can really cool things off. No pool membership? No problem! Just turn on the sprinklers and run through like you're 5 years old again... why not?! On the other hand, you can enjoy the water without even getting wet by renting or buying a [kayak](#) to go for a paddle on the beautiful Columbia River. How many communities have access to such a terrific waterway in which to recreate? We're pretty lucky!

Hiking

We're also lucky in our proximity to some nice hills to climb. The most popular hike around the Tri-Cities is [Badger Mountain](#). There are 3 different routes to the top; one is slightly steep and shorter, while another is longer with a gradual incline. Either way, you'll enjoy the view and your heart will benefit from the cardiovascular challenge of reaching the top. Just don't forget the water and sunscreen!

Fresh Food

The Tri-Cities also has unique access to plenty of agriculture. There are three Farmers' Markets in the Tri-Cities—so much more than the average town of our size! [Pasco's Farmers' Market](#) is open on Wednesdays and Saturdays from 8 am to 12 pm.



Their website lists all the products available during various times of the year, so you can find out if you'll be able to buy what you're craving before you even get there! [Richland's Farmers' Market](#) is open on Fridays from 9 am to 1 pm. They have fresh flowers for your table; fresh vegetables, fruits, meats, and prepared foods; and plenty of inspired artwork! The [Southridge Farmers' Market](#) is in Kennewick and is open on Thursdays from 4-8 pm. What a fun way to spend a weeknight! You sure can't do something that nice in January! Another great place to find local foods, flowers, and wares is at the [Local Harvest](#) website. You can search by city, so if you're at home or planning a vacation, fresh local food is always available!

Get out there and enjoy the summer for all that makes you happy, healthy, and relaxed. If you get 30 points in the [2010 Summer Recreation Challenge](#), you will be entered into our prize drawing for 25 Gold's Gym Resistance Tube Kits to keep your muscles strong and your body lean. It's your health, own it!

WEST NILE VIRUS (WNV)

MOSQUITOES IN BENTON COUNTY TEST POSITIVE FOR WEST NILE VIRUS (JUNE 28, 2010)

What is WNV? It is a viral illness transmitted from birds, horses and other people by way of mosquitoes. While most (>95%) infected people have mild or no symptoms, a small percentage develop fever, headache, rash, and more. An even smaller percentage develop serious illness, including encephalitis— inflammation of the brain, which can be fatal or result in lingering or permanent neurological (brain and nerve) damage. There is no treatment for the illness, only prevention. For more information, checkout [CDC](#), [BFHD WNV web page](#) and [WA DOH](#). And for information on preventing WNV at the workplace, click [HERE](#).

WATCH FOR UPCOMING EVENTS WITH AMH

July

[Weight Loss Convoy \(ongoing\)](#)
[Site-Health Fairs \(8th\)](#)
[Tobacco Cessation Class \(ongoing\)](#)
[Site-Wide Summer Recreation Challenge \(starts 12th\)](#)

August

[Weight Loss Convoy \(ongoing\)](#)
[Tobacco Cessation Class \(ongoing\)](#)
[Site-Wide Summer Recreation Challenge \(ends 5th\)](#)
[Site-Health Fairs \(12th\)](#)

Select a link or visit our website: www.hanford.gov/amh



“I Can’t Come to the Phone Right Now”

by Shannon Haselhuhn, MS—AMH Health Education Coordinator

There was a time, not all that long ago, when we would leave our house in the morning and return at the end of the day to check our answering machine. Anyone who had tried to reach us by phone that day would have left a message “after the beep”, and we, at our convenience, would give them call back. Those days seem to be a lifetime ago. In the past few years, the way we communicate by phone has changed....but for the better? Cell phones have grown from a luxury to a necessity. Being unavailable until you return home at the end of the day is no longer the case, and it almost seems rude. We have definitely acquired a taste for instant communication, whether it is via e-mail, a cell phone call or a text message. This type of communication has proven to be very convenient, and addicting, but it has come with a cost.



With communication at our fingertips, and a sense of urgency to be “available”, some common sense and even common manners may have been lost in translation. Of course there is the annoying stuff where we get stuck behind someone in the grocery line and unwillingly have to listen to their “private” phone conversation, or maybe an interrupted chat

with a friend who looks at his or her phone to read and respond to a text message... but what about the deadly stuff? Talking on cell phones and text messaging while driving has become life threatening.

- 6,000 people — equal to every citizen of the Pierce County city of Steilacoom — were killed in crashes involving a distracted driver in 2008; 500,000 were injured.
- A driver talking on a cell phone is as impaired as a driver with a .08 blood-alcohol level.
- A driver who is texting is as impaired as a driver with a .16 blood-alcohol level. That’s double the legal limit.
- Drivers talking on cell phones are half a second slower to hit the brakes in emergencies and miss more than half the visual cues seen by attentive drivers.
- If you’re driving on the freeway, you can travel more than the length of a football field in the time it takes to read a short text message or dial a number.

Because of the devastating impact of distracted drivers, **starting on June 10, 2010, talking or sending text messages while holding a wireless de-**

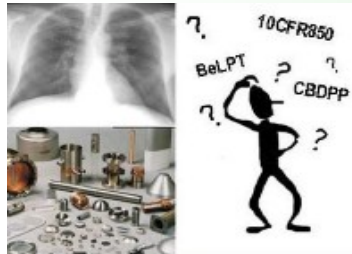
vice carries a \$124 fine.

Legislation passed during the 2010 legislative session changed the former cell phone law into a primary traffic offense. That means if police see you holding your phone, they can pull you over and ticket you. Drivers must use hands-free devices. And new drivers with **instruction permits or intermediate licenses** aren’t permitted to use wireless devices at all, except in emergencies.



For more information, visit <http://www.distraction.gov/>, the U.S Department of Transportation’s official site on distracted driving. This site has information on [statistics and facts of distracted driving](#), [state laws](#), and campaigns, including Oprah’s [No Phone Zone Campaign](#).

For your safety, and the safety of all of us on the road, I encourage you to become a little less “available”. Make your phone calls before you get in the car, and respond to your messages once you have reached your destination. This will allow you the opportunity to pay attention to the road, enjoy some good old-fashioned radio tunes, and travel safely. It’s your health, own it!”
Resource: <http://www.doi.wa.gov/driverslicense/distracteddriving.html>



July Feature Presentation

In an ongoing effort to promote interest in, awareness of and knowledge about beryllium exposure, sensitization and disease, AMH presents

“Chronic Beryllium Disease: Increasing Awareness, Protecting Worker Health”

Please contact Doctor Sandy Rock to schedule a presentation at sandy_rock@rl.gov or 372-0407.

Healthy Recipes

Cracked Wheat Salad

Serves 6

Ingredients:

- 1 cup uncooked bulgur
- 1 cup boiling water
- 1 1/2 cups thinly sliced nectarines (about 3)
- 1/2 cup thinly sliced green onions
- 1/4 cup chopped fresh flat-leaf parsley
- 1 tablespoon chopped fresh dill
- 3 tablespoons extra-virgin olive oil
- 3 tablespoons white balsamic vinegar
- 3/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 3 tablespoons chopped pistachios



Preparation:

Combine bulgur and 1 cup boiling water in a large bowl. Cover and let stand 1 hour. Stir in nectarines and remaining ingredients except nuts; toss well. Sprinkle with nuts.

Dietitian’s tip: Great with grilled chicken, lamb, or salmon, this side-dish salad also packs well for a picnic. Almost any fruit would work well in place of nectarines—try apricots, peaches, or figs.

For more: [Healthy Recipes](#)

PER SERVING:	
Calories	188
Total Fat	9
Saturated Fat	1.2
Cholesterol	0
Sodium	307
Carbohydrate	24.7
Dietary fiber	5.7
Protein	4.2
Calcium	29