



# St. Charles County Department of Community Health and the Environment

## Health E-News

JULY 2006

1650 BOONE'S LICK ROAD, ST. CHARLES, MO 63301  
[COMHEALTH@SAINTCHARLESCOUNTY.ORG](mailto:COMHEALTH@SAINTCHARLESCOUNTY.ORG)

PHONE 636-949-7400  
[WWW.SCCHEALTH.ORG](http://WWW.SCCHEALTH.ORG)

### Helpful Phone Numbers

Division of Public Health  
636-949-7400

Health Education  
636-949-7401

Vital Records  
636-949-7558

STD  
Prevention/Treatment  
636-949-7401

Environmental Health  
636-949-7404

WIC  
(Women Infants Children)  
636-949-7402

Division of Emergency  
Management  
636-949-3023

Division of Environmental  
Services  
Recycling Services  
636-949-7415

Division of Humane  
Services  
636-949-7387 (PETS)

Animal Control  
636-949-7347

### **Hungry?** Snack healthy!

1. Raisins
2. Baby carrots
3. Frozen grapes
4. Fresh fruit
5. Fruit smoothie



### **Did you know?**

The St. Charles County Division of Humane Services will microchip your pet for just \$10! What a great value and the purrfect way to safeguard your priceless family pet. Call 636-949-PETS (7387) for more information.



### **Get Moving!**

Contrary to popular belief, exercise doesn't have to mean spending money on a gym membership. Any extra physical activity can have a positive impact on your body and mind. Try these ideas!



- \* Work in the garden or mow the grass. (Using a riding mower doesn't count!)
- Rake leaves, prune or dig.

- \* Take the stairs instead of the elevator. Or get off a few floors early and take the stairs the rest of the way.
- \* Stretch to reach items in high places and squat or bend to look at items at floor level.
- \* Stand up while talking on the telephone.
- \* Walk around your building for a break during the work day or during lunch.



- \* See the sights in new cities by walking, jogging or bicycling.

Find more fun and easy exercise tips online at [www.americanheart.org](http://www.americanheart.org)

### **From the Director...**

By Gil Copley



Every year women in St. Charles County Government have the opportunity to attend a Women's Health Fair.

Reliable recommendations and information is available along with some freebies, blood pressure screening and free chair massages. Many women take advantage of the opportunity to learn more about health topics of interest to them and it is a popular event.

Also, very predictably, each year a few men ask, "Why isn't there a men's health fair?" While the health education department is very willing to host a men's health fair, unfortunately there has never been a huge interest from the male employees. Health fairs are just one option for finding reliable health information and I would like to offer an alternative.

To continue reading this article, please visit [www.scchealth.org](http://www.scchealth.org)

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**Do you know YOUR Body Mass Index?**  
Visit  
<http://www.cdc.gov/nccdphp/dnpa/bmi/index.htm>

.....

## Surfing the web?



We're on the Web!  
[www.scchealth.org](http://www.scchealth.org)

July is

UV Safety Month  
[www.aao.org](http://www.aao.org)

and

International Group B  
Strep Awareness Month  
[www.thejessecause.org](http://www.thejessecause.org)

### St. Charles County Department of Community Health & the Environment

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## Do Your Part....



### Return Selected Empty Ink or Toner Cartridges

And receive FREE Recycled Paper! Valid at Office Max on Dell, HP & Lexmark only.  
Limit 5 per customer.

### Looking for something easy and healthy?

#### Why not try this recipe!

## Warmed Tomato Salad with Fresh Mozzarella

- Lowfat cooking spray
- 2 1/2 cups cherry tomatoes, halved\*
- 1/4 cup chopped shallots or onions
- 1 clove garlic, minced
- 1 teaspoon fresh thyme, snipped
- 1/4 teaspoon salt
- 1/4 teaspoon fresh ground black pepper
- 1 cup fresh Mozzarella cheese cut into 1/2-inch cubes
- 1 tablespoon olive oil
- 1/2 tablespoon balsamic vinegar

\*For added color, combine a mix of red cherry tomatoes with yellow and/or orange cherry or pear-shaped tomatoes

#### DIRECTIONS

1. Spray a large skillet with lowfat cooking spray then raise heat to medium heat.
2. Add shallots (or onions), garlic, thyme, salt and pepper and cook for 2-3 minutes or until shallots are tender.
3. Stir in the tomatoes and cook for 1-2 minutes until tomatoes are warmed then remove from heat.
4. In a large bowl, toss tomatoes with the Mozzarella.
5. Drizzle with the olive oil and balsamic vinegar then toss to coat evenly.

**Enjoy!!**

### Nutrition Facts

Serving size: 1/4 of recipe (138g)  
Servings Per Recipe 4

#### Amount Per Serving

Calories 137 Cal. from Fat 77

% Daily Value\*

**Total Fat** 9g **15%**

Saturated Fat 4g **20%**

**Cholesterol** 15mg **4%**

**Sodium** 304mg **15%**

**Total Carbohydrate** 7g **2%**

Dietary Fiber 1g **4%**

Sugars 0g

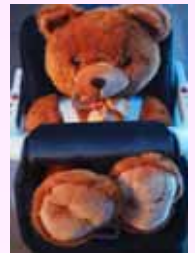
**Protein** 9g

Vitamin A 20% Vitamin C 30%

Calcium 20% Iron 4%

\* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

### Does this new law impact YOU?



Missouri Governor Matt Blunt signed Senate Bill 872 into Law on Wednesday, June 28, 2006.

The New Child Passenger Restraint Law will take effect August 28, 2006.

The new law requires children over the age of 4 years, and less than 8 years of age to be secured in a booster seat while riding in a motor vehicle. Exceptions will be made for children that are over 4 feet 9 inches tall or weigh more than 80 lbs.

To read the full text of Senate Bill 872 visit  
[http://www.mshp.dps.mo.gov/M\\_SHPWeb/Root/BoosterSeatInformation.html](http://www.mshp.dps.mo.gov/M_SHPWeb/Root/BoosterSeatInformation.html)