

### It's the Summer Newsletter!

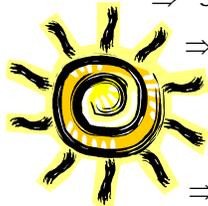
Summer is now in full swing. The days are longer, sunnier, and hotter! We hope that you have had a healthy, happy summer so far, and that you'll continue to enjoy it!

Our spring semester was very successful. Everyone has worked hard at improving their health over the past few months. Good job!

In this issue, we have included a special page with some recipes featuring seasonal summer vegetables. Feel free to try them and give us feedback about whether you liked them or not.

### Summer Tips:

Here are a few ideas to keep in mind when spending time outside this summer.

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- ⇒ Stay out of the sun
  - ⇒ Wear sunscreen
  - ⇒ Wear light-colored clothing
  - ⇒ Drink lots of water
  - ⇒ Use insect repellent

- ⇒ If you are working in the sun, take frequent rest breaks

Helen  
Keller

“

When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us.

”

## FHitness for U Newsletter

Volume 1, Issue 5, Summer 2007

### Wellness Seminar Preview



We have added a new feature to the HR section of the FHU website. Now, you can watch previous wellness seminars on our website! Just click here: [Past Wellness Seminars](#). We will be adding more seminars in the future. We will continue in the fall with some exciting and helpful new wellness seminars, so make plans to attend!

### Get ready for a great Wellness Program!



The summer has flown by! It's nearly time to start the fall semester, and that means it's almost time to start up our Wellness Program again. We will continue the Program starting September 4th. We're excited about the great fall program ahead of us! Feel free to let Russell know if you have any questions or suggestions concerning the Wellness Program.

If you have questions or comments, feel free to email me. [Email Russell](#).

Russell Epperson, Director of Human Resources

### Scripture Spot:

#### Proverbs 3:5-7

5 Trust in the LORD with all your heart,  
And lean not on your own understanding;

6 In all your ways acknowledge Him,

And He shall direct your paths.

7 Do not be wise in your own eyes;

Fear the LORD and depart from evil.

8 It will be health to your flesh,  
And strength to your bones.



### Healthy Summer Recipes

#### Grilled Balsamic Zucchini

**Ingredients:**

- 3 or 4 fresh zucchini (depending on size)
- 1/4 cup Olive oil
- 3 Tablespoons Balsamic Vinegar
- 2 Cloves garlic, minced
- 2 leaves fresh basil, finely chopped
- salt and pepper, to taste
- Cooking Spray

**Directions:**

Wash and cut un-peeled zucchini into 1/2 inch slices. Combine remaining ingredients into a bowl or pan, large enough to hold all zucchini slices. Add zucchini and mix well. Cover and refrigerate for up to 24 hours. Spray grill with cooking spray to prevent sticking. Preheat grill for approximately 5 minutes. Grill zucchini 3 to 5 minutes per side, or until desired golden-brown color is obtained.

Want a creative way to use the summer vegetables in your garden? Try one of the recipes we've found to add a great new dish to your summer dinner table or picnic table.

#### Stuffed Summer Squash

**Ingredients:**

- 6 small summer squash
- 1 tablespoon unsalted butter
- 1 tablespoon olive oil
- 1 cup finely diced onion
- 2 teaspoons minced garlic
- 2 large squash blossoms (optional), slivered
- 1 cup whole-milk ricotta cheese
- 1/3 cup grated Parmesan cheese
- 3 tablespoons dry bread crumbs
- 1 large egg, beaten
- 2 tablespoons minced marjoram or basil
- 1/2 teaspoon salt
- 1/8 teaspoon freshly-ground black pepper

Preheat oven to 375F. Butter a 9-by-13-inch baking dish. Slice squash in half lengthwise. Scrape out seeds and discard. Slice a little off the bottoms so squash rest flat, cut side up. In a skillet, heat butter and oil over medium heat. Cook onion and garlic until soft. Add squash blossoms, if using; sauté 1 minute. Transfer to a bowl and cool slightly. Stir in ricotta, 1/4 cup of Parmesan, 2 tablespoons bread crumbs, egg, marjoram, salt, and pepper until blended. Spoon into squash shells. Sprinkle remaining Parmesan and bread crumbs over tops. Bake 25 minutes, until sides are tender; broil 3 minutes, until tops are golden. Serve hot. Serves 12 as an appetizer, 6 as a side dish.



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Russell Epperson, Director of Human Resources

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