



CROSSROADS

A CCCSIG Publication Where Health, Safety & Schools Come Together.

• January 2012 •

CCCSIG promotes a safe and healthy working environment for Contra Costa County school district employees.

SPOTLIGHT: Student Poster Contest Winners

The winners of CCCSIG's 3rd Annual Student Poster Contest are as follows:

4th and 5th Grade Division

1st Place: Briana Vierra, Loma Vista Elementary, BUSD
2nd Place: Marlon Mucher, Heights Elementary, PUSD

Middle School Division

1st Place: Kassidy Conrad, Martinez Junior High School (MJHS)
2nd Place: Lenore Delfino, MJHS

High School Division

1st Place: Erich Ellsworth, Acalanes High School (AHS)
2nd Place: Megan Brazil, AHS

The purpose of this annual contest is to increase employee awareness of the frequent, costly and painful slip trip and fall injuries that occur each year among employees of our member districts. The first place winners' posters will be printed and distributed to all school sites.

4th/5th Grade Winner: **Briana Vierra**



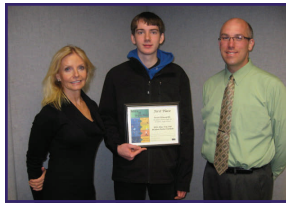
Back to front: Loma Vista Elementary Principal Lauri James, Teacher Nicki Pepe & Winner Briana Vierra

Middle School Winner: **Kassidy Conrad**



Left to Right: Martinez Junior High School Art Teacher Charlene Jow & Winner Kassidy Conrad

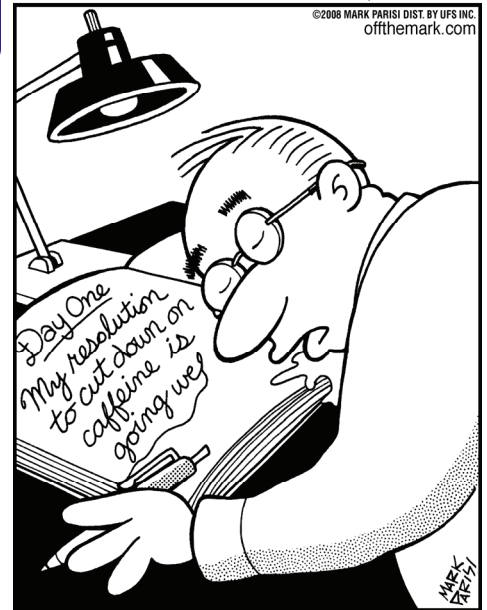
High School Winner: **Erich Ellsworth**



Left to Right: Acalanes High Digital Arts Teacher Susan Lane, Winner Erich Ellsworth & Associate Principal Steven France

Art teachers, please consider making this contest one of your first student assignments every August encouraging them to have their posters completed by early November. If you have questions, please contact [Denise Schreiner](#).

off the mark.com by Mark Parisi



A Fall on Ice is Never Nice: Small Steps for Safety on Ice

By: Steve Webber, CCCSIG

This may be hard to believe considering the lack of precipitation so far this winter season, however, there have already been a few ice-related injuries among Contra Costa County school district employees this year! It is important that individuals recognize the hazards of slippery surfaces and take the appropriate precautions.

Safety Tips

Here are helpful hints from winter-safety experts that will reduce the risk of falling when slippery conditions exist:

- Wear boots or overshoes with soles. Avoid walking in shoes that have smooth surfaces, which increase the risk of slipping.
- Walk consciously. Be alert to the possibility that you could quickly slip on an unseen patch of ice.
- Walk cautiously. Your arms help keep you balanced, so keep hands out of pockets and avoid carrying heavy loads that may cause you to become off balance.
- Walk "small." When you step on icy areas, take short, shuffling steps, curl your toes under and walk as flatfooted as possible.



Courtesy of ARA Content, www.aracontent.com





If communication is not your top priority, all of your other priorities are at risk. —Bob Aronson, Communications Consultant

Meal in Minutes!

Pork Tenderloin with Seasoned Rub

Ingredients

- 1 tsp garlic powder
- 1 tsp dried oregano
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp dried thyme salt
- 1 1/4 lbs pork tenderloin
- 1 Tbsp olive oil
- 1 tsp minced garlic



Preparation

1. Preheat oven to 450 degrees F.
2. In a bowl, mix all dry ingredients until they are well combined to form a seasoning.
3. Sprinkle the rub over the tenderloin, then rub the pork with the seasoning over both sides of the meat.
4. In a large skillet over medium-high heat, add the olive oil and heat. Add the minced garlic and sauté, stirring, for 1 minute. Put tenderloin in skillet and cook for about 10 minutes, searing each side.
5. Transfer meat to a roasting pan and bake for 20 minutes. Enjoy!

Makes 4 servings

Source: www.foodnetwork.com

Nutrition Facts (per serving):

Serving Size = 1/4 recipe

Calories: 218	Fat: 6g
Sodium: 216mg	Protein: 24g
Cholesterol: 69mg	Fiber: 1.4g

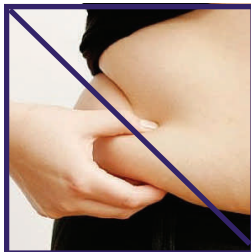
Ask the Health & Safety Experts

Love Handles Be Gone!

Q. What exercises will help me get rid of my love handles?

A. Unfortunately, you cannot spot reduce or target a specific area of your body for fat reduction. It would be nice if you could get on the elliptical machine and say, “Burn fat from my thighs today” or “Sit-ups, get rid of my love handles,” but that’s not how it works. Instead, fat is stored in special fat cells called adipocytes, which are located all over your body. The trick to reducing fat and losing weight is to stimulate adipocytes to release their stored fat and have the muscles burn it up.

The reason for not being able to spot reduce is because you have no control over which adipocytes release fat when you start to exercise. We all have a consistent pattern of weight loss and weight gain (you may lose fat in your face first and your love handles last), but you can’t control the pattern. The good news is that all aerobic (cardiovascular) exercise stimulates adipocytes to give up their fat (including the ones in your love handles), and resistance exercises like weightlifting and abdominal exercises will tone up muscles under excess fat. In fact, you could tighten up your waist and loosen your slacks with abdominal exercises even if you didn’t lose your love handles!



Specifically, side bends, trunk rotations and full-body exercises like squats will help to tone up your waistline.

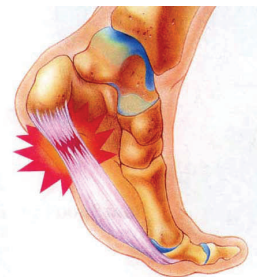
Source: www.medicinenet.com

FITNESS FOCUS: Fighting Plantar Fasciitis

By: Mike Griffith, CCSIG

As we begin the new year, many of us look to fulfill our resolutions and work off some of the holiday pounds by starting a new exercise regimen. If it has been a while since your last workout, your body may not be as enthusiastic as you are about getting back in motion. Aches and stiffness often accompany our first few workouts, but a common source of discomfort when getting back to exercise is often our feet. Plantar fasciitis is a popular source of foot discomfort that we will address.

Plantar fasciitis occurs when the thick tissue on the bottom of the foot is overstretched and overused. It is associated with pain or stiffness in the heel, or a “burning” sensation along the bottom of the foot. This pain can be dull and persistent, or increase suddenly after intense activity, making the simple task of walking difficult.



You can prevent and/or minimize the effects of plantar fasciitis by taking a few precautionary steps. First, before starting a new regimen, make sure you have a pair of shoes that provide good arch support. Second, make sure you stretch before and after exercise, paying special attention to the calf muscles of the lower leg, to reduce tension along the bottom of the foot. Lastly, if pain does occur make sure to apply ice to the affected area for 15-20 minutes, once or twice a day until symptoms subside.

Source: www.ncbi.nlm.nih.gov