



TOWN OF GORHAM, NH

JOINT LOSS MANAGEMENT COMMITTEE

Springtime Safety Tips

Spring forward! Daylight Saving Time begins every year on the second Sunday in March. Clocks are set forward by one hour. With Daylight Saving, we have more daylight in the evening and less in the mornings. When you change your clocks, check the batteries in your smoke alarms and carbon monoxide detectors. Batteries in smoke detectors should be replaced yearly, and there should be smoke detectors on every floor of your home (including the basement) and outside bedrooms or sleeping areas.

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Important Dates:

- 5/11 Mother's Day
- 5/17 Armed Forces Day
- 5/26 Memorial Day
- 6/14 Flag Day
- 6/15 Father's Day
- 6/21 First Day of Summer
- 7/4 Independence Day

Some Spring Cleaning Safety Tips:

1. Be careful moving large pieces of furniture and appliances.
2. Be safe while on ladders and step stools.
3. Be careful when walking on wet surfaces.
4. Don't carry too much stuff at once, especially on stairs.
5. Always follow cleaning product labels and put away when you are done



Springtime Activities

- Raking the Lawn
- Spring Cleaning
- Walk in the Woods
- Mowing the Lawn
- Spring Skiing
- Fire Wood (cutting, etc)

HEALTHY RECIPES FOR SPRING TIME

Roast Chicken with Spring Vegetables

INGREDIENTS

3-1/2 pounds skin-on, bone-in chicken quarters, Kosher salt and freshly ground pepper, 1 lemon, halved, 3 tablespoons extra-virgin olive oil, 1 pound fingerling or other small, potatoes, 2 bunches radishes, 1 bunch scallions, 1 bunch baby carrots and 1/4 cup chopped fresh dill

DIRECTIONS

Preheat the oven to 500 degrees. Rinse the chicken and pat dry. Season with salt and pepper, then place skin-side up on a rimmed baking sheet. Squeeze 1/2 lemon over the chicken and drizzle with 1 tablespoon olive oil. Roast 15 minutes. Meanwhile, cut the potatoes and radishes in half and cut the scallions into thirds. Toss the potatoes, radishes, carrots and the remaining 2 tablespoons olive oil in a bowl; season with salt and pepper. Remove the chicken from the oven and scatter the vegetables around it. Continue to roast until the vegetables are tender and the chicken is golden and cooked through, about 20 more minutes. Squeeze the remaining 1/2 lemon over the chicken & vegetables. Top with dill & season with salt.



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