



TOWN OF GORHAM, NH

JOINT LOSS MANAGEMENT COMMITTEE

Summertime Safety Tips

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Important Dates:

- 7/4 Independence Day
- 9/1 Labor Day
- 9/11 Patriot Day
- 9/23 First Day of Fall
- 10/13 Columbus Day
- 10/31 Halloween
- 11/2 Daylight Savings
- 11/4 Election Day
- 11/11 Veteran's Day
- 11/27 Thanksgiving Day
- 12/25 Christmas Day
- 12/31 New Years Eve



SUN SAFETY

Overexposure to the sun's ultraviolet (UV) rays seriously threatens human health. Besides the immediate effect of sunburn, over time excess UV radiation can cause skin cancer, eye damage, immune system suppression, and premature aging.

WATER SAFETY

More than one in five drowning victims are children 14-years-old and younger, and for every child who dies from drowning, another four receive emergency department care for nonfatal submersion injuries. Most drowning and near-drowning incidents happen when a child falls into a pool or is left alone in the bathtub.

IMPAIRED DRIVING

Driving ability can be impaired below the legal limit too. If you are drinking, do not drive. If you plan to drink, designate a non-drinking driver.



- Hiking
- Mowing the Lawn
- Swimming
- Riding a Bike
- Walking
- Canoeing

Pasta Salad with Homemade Dressing

SALAD INGREDIENTS

1 (8 ounce) package uncooked tri-color rotini pasta, 6 ounces pepperoni sausage (diced), 6 ounces provolone cheese (cubed), 1 red onion (thinly sliced), 1 small cucumber (thinly sliced), 3/4 cup chopped green bell pepper, 3/4 cup chopped red bell pepper, 1 (6 ounce) can pitted black olives, 1/4 cup minced fresh parsley, 1/4 cup grated Parmesan cheese

DRESSING INGREDIENTS

1/2 cup olive oil, 1/4 cup red wine vinegar, 2 cloves garlic (minced), 1 teaspoon dried basil, 1 teaspoon dried oregano, 1/2 teaspoon ground mustard seed, 1/4 teaspoon salt, 1/8 teaspoon ground black pepper

DIRECTIONS

Bring a large pot of lightly salted water to a boil. Add pasta, and cook for 8 to 10 minutes (until al dente). Drain, and rinse with cold water. Mix the cooled pasta, pepperoni, provolone cheese, red onion, cucumber, green & red bell peppers, olives, parsley, and parmesan cheese. Mix the olive oil, vinegar, garlic, basil, oregano, ground mustard, salt, and pepper. Seal jar, and shake well. Pour the dressing mixture over the pasta salad, and toss to coat. Cover, and chill 8 hours in the refrigerator



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