UPCOMING EVENTS:

Food For Thought: Tips for Being Fit in the Office
June 22, 12 p.m.—1 p.m.
HDC, Richmond Room
http://richmond.csod.com

Financial Wellness Series: Sharpening Investment Skills
June 30, 12 p.m.–1 p.m.
Carole Weinstein International Center, Commons
http://richmond.csod.com

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Employee Wellness Spotlight: Personal Trainers

Did you know that members of the Weinstein Center (that’s you!) are eligible to partake in five free personal training sessions with our certified student personal trainers? To register for these sessions, see the Fitness Services desk at the top of the stairs in the Weinstein Center, check out the current schedule for the student personal trainers, and flip through each trainer’s tab to find an opened time slot. Fill out your name, email address, and which of the five free sessions you’re using, and you’re done -- simple as that! Come back to that same desk at the time you signed up for, and the trainer will be there to meet you.

If you’re more interested in working with a non-student personal trainer, no worries! We have an incredible team of thirteen dedicated, experienced, certified personal trainers who are just as eager to work with you. The personal training application can be found on our website as well as at the Member Services desk at the Weinstein Center. The employee rate for personal training is only $20 per session with no limit to the number of sessions you can buy at the discounted rate. Contact Sarah Sheppard, Fitness Manager, at ssheppa2@richmond.edu or x8581 with any questions about the personal training program.

The application for purchasing sessions can be found at recreation.richmond.edu/fitness.

University of Richmond Employee Wellness 30th Annual Spider Classic Fishing Tournament

Keep the tradition alive or start a new one at the 30th Annual Spider Classic Fishing Tournament on Saturday, June 18th, 7 a.m.-noon at Westhampton Lake.

This is a free event for employees, retirees, and their families or guest. There will be food, fishing, a gift for all participants, and various angler awards. It will be a great time for all ages that will create memories to be enjoyed for many years to come!

This year, we will celebrate the 30th anniversary of this event! In celebration, we would like to share stories of the past. If you would like to share a memory, please indicate that on the registration form.

To find out more information and to register online by June 14th, visit:
http://recreation.richmond.edu/health-wellness/fishing_tournament.html
Educational Corner: How to Choose the Right Sun Protection

Spend too long in the sun, and you’re likely to end up with sun damage like wrinkles and age spots. The right protection can keep those blemishes at bay and guard against skin cancer. It can even help your skin heal if you’re already sunburned. But walk down any drugstore aisle, and you’ll see a lot of different sun protection products. How do you choose which one is the best way to save your skin?

Top Sun-Safety Tips
There are a few basic rules to follow to keep your skin healthy and protected from the sun’s rays:

- Use a broad-spectrum sunscreen that protects against both UVA and UVB rays every day of the year. It should have an SPF of at least 30.
- Limit your time in the sun between 10 a.m. and 4 p.m., when UVB rays are strongest.
- Reapply sunscreen at least every 2 hours, and more often if you’re swimming or sweating a lot.
- Wear a broad-brimmed hat, broad-spectrum sunglasses that block UVA and UVB rays, and clothes to cover skin that’s exposed to the sun.
- Know that there really are no wrong picks. Dermatologists often say that the best sunscreen is the one you will actually use.
- Broad-spectrum: This means that a product helps filter two types of sunlight: UVA, which causes damage like fine lines and wrinkles and can lead to skin cancer, and UVB, which causes burns and can also lead to skin cancer. This term should be on the label of any sunscreen you use.
- Water resistant: Sunscreens with this claim on the label will keep working for 40 to 80 minutes after you get wet. Each product has its own level of water resistance, so read the labels and follow instructions for how often to reapply.
- SPF: This is a measure of how well the product filters out UVB rays. The higher the SPF, the more protection it generally offers from sunburn. No matter what SPF you use, you have to put more on at least every 2 hours.
- Wipes, powders, and sprays: The FDA hasn’t decided yet whether wipes, powders, body washes, and shampoos that have sunscreen are effective, so traditional lotions, creams, and ointments may be a better bet for now. As for sprays, some scientists think that if you breathe them in as you spray, it could be risky. The FDA is looking into that question, too. But you don’t have to spray them on your face to use them. Try spraying these products into your hands first, then wiping them on your face and body to make sure you’re using enough.
- Sunscreen ingredients: There are 17 active ingredients that the FDA has approved for use in sunscreens. Over the years, some groups raise questions about the safety of a few common ingredients, like oxybenzone. But the American Academy of Dermatology says that preventing sunburn and skin cancer outweigh any unproven worries about those health hazards. The Skin Cancer Foundation also says the ingredients are safe and effective when you use them as directed.
- Who should use it: Everyone over 6 months old. Shade and clothing are the best ways to shield babies younger than that from the sun.
- Sunscreen does expire: Look for an expiration date on the bottles you buy. If they don’t have one, mark the month and year of purchase and toss it after 3 years. The FDA requires all sunscreens to work for at least that long.

Source: webmd.com

Healthy Cooking: Sweet Potatoes & Black Bean Tacos

Ingredients

- 1 medium-sized sweet potato, peeled and cut into 1/2-inch cubes
- 3 Tbsp olive oil, divided 1 3/4 Tbsp for potato, 1/4 Tbsp for beans, 1 Tbsp for dressing
- 1 1/2 tsp chili powder
- 1/4 tsp ground cayenne
- 1 tsp ground cumin
- 3/4 tsp fine sea salt, or to taste, divided
- 1 (15-oz) can no-salt-added black beans, rinsed and drained
- 1 1/6 cup cilantro chopped, 1/2 cup in the beans and 2/3 cup in the sauce
- 6 small corn tortillas
- 2 cloves garlic
- 1/2 cup 2% plain Greek yogurt
- 1/4 cup sour cream, extra for garnish
- 1/8 tsp ground pepper
- Juice of 1/2 lime

Directions

1. Preheat the oven to 375°F and prepare a baking sheet with foil.
2. In a large bowl, toss the potato with 3/4 of the oil, chili, cayenne, cumin, and 2/3 of the salt.
3. Roast the potatoes in the oven for 10 to 12 minutes, until tender.
4. While the potato is baking, in the same bowl you used for the potatoes, combine the beans, remaining salt, remaining oil, and the portion of cilantro for the beans in the ingredient list. There will be some leftover spices on the sides of the bowl from coating the potato, that you can incorporate into the beans as you stir.
5. When the potato is cooked, add, to the beans, and gently toss to combine.
6. In a food processor, pulse together the portion of cilantro called for in the sauce and garlic until finely chopped. Add the yogurt, sour cream, salt, pepper, and lime, then process until smooth. Add the oil while the processor is running.
7. Place the tortillas between two damp towels and microwave for 20 to 30 seconds. Top the tortillas with the cilantro lime cream sauce, bean-potato mixture, and a dollop of sour cream.
**Lyme Disease**

Lyme disease is an infection that is spread by ticks. You can get Lyme disease if you are bitten by an infected tick, but most people who have had a tick bite don’t get Lyme disease. It's still important to see your doctor if you have a tick attached to you that you can’t remove.

Lyme disease is common in the United States. It can also be found in Canada, Europe, and Asia. Lyme disease is caused by bacteria. Infected ticks spread the bacteria by biting people or animals.

Two types of ticks carry the Lyme disease bacteria in the U.S. They are:
- Deer ticks - They spread the disease in the Northeast and Midwest.
- Western black-legged ticks - They spread the disease along the Pacific coast, mostly in northern California and Oregon.

Remove ticks as soon as you notice them. Infected ticks usually don’t spread Lyme disease until they have been attached for at least 36 hours. One sign of Lyme disease is a round, red rash that spreads at the site of a tick bite. Flu-like symptoms are also common. People in the early stages of Lyme disease may feel very tired and have headaches, sore muscles and joints, and a fever. These symptoms can start at any time, from 3 days to up to a month after you have been bitten. Some people don't have any symptoms when they are in the early stages of Lyme disease and they may not even remember getting a tick bite. If Lyme disease goes untreated, you can have more serious symptoms over time.

These include:
- Swelling and joint pain (like arthritis).
- Tingling and numbness in your hands, feet, and back.
- A lack of energy that does not get better.
- Trouble focusing your thoughts.
- Poor memory.
- Weakness or paralysis in your face muscles.

Your doctor will ask you questions about your symptoms. Your doctor will also ask about your activities to try to find out if you have been around infected ticks. You may have a blood test to see if you have certain antibodies in your blood that could mean you have the disease.

Source: [webmd.com](http://webmd.com)

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**Summer Buyers’ Guide: Sunglasses**

Sunglasses this summer are oversized, colorful, and glitzy, with plenty of style to make a big splash when you head out into the sun. Those in the know say that women will sport oversized, colorful plastic sunglasses. Think Jackie O meets Jessica Simpson and the Olsen Twins, predicts Michelle Lynn Walnum, the public relations director at A-list sunglass house Oliver Peoples in Los Angeles. Last year Jessica wore white sunglasses, this year she is going green, Walnum tells WebMD. "I don't think anything can be too big this year," agrees Jean Scott, vice president of product development for the Luxottica group, a sunglass designer and manufacturer headquartered in Milan, Italy. You'll also see, "more crystals, more bling, more glitz, and a plethora of fabulous colors," she says. "This is probably the most colorful year I have ever seen," she says. Even better, you don’t have to sacrifice style for safety when you choose your new summer sunglasses. "The bigger the frame, the better the protection. Some years, that doesn’t work because such glasses aren’t as stylish," says Paul Dougherty, MD, medical director of Dougherty Laser Vision and a clinical instructor at the Jules Stein Eye Institute at the University of Los Angeles in California.

**Go to Sunglasses with Style and UV Protection**

But trends aside, "The most important aspect is choosing sunglasses with 100% ultraviolet (UV) protection that blocks up to 400 nanometers," Dougherty says. "This is maximum protection and that’s what you want," he says. "There may be a sticker on the lens or frame, but not always so you may have to ask the salesperson," Dougherty adds. And you don’t have to spend as much as Jessica or Brad to get the same look. "There isn’t a direct relationship between price and protection," he says, "You can get a $10 pair of sunglasses with 100% UV protection or a $1,000 pair," he says. Another buzzword in the sunglass community is polarized. But don’t be fooled or talked out of your hard-earned money. "Polarized doesn't mean it blocks UV rays. It just cuts down on glare, which is important from a comfort standpoint only," Dougherty says. Sunglass lenses will come in all colors this year, from brown, amber, and copper to green, gray, rose, and blue. "Choose whichever looks best, as there is no relationship between color and UV protection," Dougherty says. In fact, "dark lenses with no UV protection are worse for the eye than light lenses with UV protection because the dark color allows pupils to dilate and be more susceptible to UV damage," he says. UV protection is actually just a special coating put on lenses regardless of whether they are pink, blue, or green. However, for the millions of Americans who have undergone laser eye surgery, lighter lenses are the way to go. "Choose amber, green, brown, blue, or yellow because your pupils won’t dilate and your vision will be better as a result," he says. Consider the gold-rimmed aviator-style sunglasses with green lenses, which experts predict will have a second coming this summer. Many sunglasses come as wraparounds meaning that they don’t just stop at the temple. Instead, they curve around toward the ear with either a wide frame or a lens. "This blocks reflected UV light and gives additional protection for your eyes," Dougherty says.

Source: [webmd.com](http://webmd.com)
Karen’s Korner: Packing a Healthy Lunch for Work, Karen Hensley, UR Dietician

Let’s be honest... packing a lunch every day, whether it’s for yourself or for your kids, can be tough. Motivation is a key ingredient in packing a lunch in addition to staying stocked up on your favorite lunch food. Here are some healthy lunch ideas to help make this a less daunting task.

Bring leftovers: Make enough dinner the night before to make sure that you have leftovers. As you are cleaning up from dinner. Pack your lunch right then for the next day in Tupperware.

Burrito bowl: Layer the following ingredients: rice or quinoa, salsa, lettuce, corn, black beans, tomatoes, avocado, cilantro. Drizzle a chipotle ranch or just use salsa as your dressing.

Change up your bread: If you’re making a sandwich, try sandwich rounds, pita, whole wheat sub or whole wheat tortilla. Find a bread that is around 150 calories.

Roll-ups: Deli chicken, turkey or ham and 2% cheese rolled up in a whole wheat tortilla or lettuce leaf.

Mini Bagel: Choose a whole wheat and high fiber (3 grams or more) mini bagel or bagel thin. Top with light cream cheese or hummus and load up with tomato and cucumber slices.

Pasta Perfection: Cold pasta salad made with whole wheat pasta (lightly dressed in olive oil), diced red and yellow peppers, edamame, and corn.

Yogurt parfait: Plain Greek yogurt, fruit, kashi crunch, and sprinkle some ground flax or chia seeds. Add a side of vegetable and/or some crackers.

Quiche: Make a quiche with veggies and/or crustless. Use egg whites for a healthier option.

Quinoa salad: Add shredded or cubed chicken, beans, red pepper, green onions, avocado, and a Dijon vinaigrette dressing.

Mason jar salads: Seal your homemade salads in handy jars that keep your veggies crisp all week long! Pour your dressing in first as the bottom layer and add in the veggies one row at a time, from firmest to most fragile. You’ll be amazed at the freshness! Best of all, you can pack multiple mason jars at a time and have meals ready for the whole week.

Karen Hensley, MS, RD, CSSD
Email: khensley@richmond.edu

Did you know about these travel savings?

Are you thinking about traveling this summer? Did you know that University of Richmond employees have access to University travel discounts?

Accommodations:

- Wyndham—Discounts on national and international properties
- Marriott- Group planning, assistance with personal events for UR employees

Local Hotels:

- Fairfield Inn & Suites—Richmond Northwest
- Holiday Inn Express—Richmond Northwest
- La Quinta Inn & Suites—Richmond-Chesterfield
- Embassy Suites Hotel Richmond—The Commerce Center

Rental Cars

- Enterprise/National, Hertz, Avis

For details visit http://controller.richmond.edu/sourcing-payments/travel.html