



Grilled Chicken with Cherry-Chipotle Barbecue Sauce!

One serving-180 calories

This is a spicy but not fiery-hot dish. It is made with chipotle peppers (smoked jalapeños), which add not only heat but also a subtle smoky taste. Enjoy this variation of barbecued chicken with coleslaw and cornbread.

- 1 cup fresh or frozen dark sweet cherries, pitted and chopped.
- 1/2 cup reduced-sodium chicken broth
- 1/3 cup cherry preserves
- 1/3 cup ketchup
- 2 tablespoons cider vinegar
- 1 1/2 teaspoons minced canned chipotle peppers in adobo sauce, or more to taste
- 1 1/4 teaspoons dried thyme
- 1/2 teaspoon ground allspice
- 2 pounds boneless, skinless chicken breasts, trimmed of fat

1. Stir cherries, broth, preserves, ketchup, vinegar, chipotle peppers, thyme and allspice in a small deep bowl. Transfer to a shallow non-reactive dish large enough to hold chicken. Add the chicken and turn to coat well. Cover and marinate in the refrigerator for at least 2 hours or overnight.

2. Preheat grill to high. Oil the grill rack. Remove the chicken from the marinade. Transfer the marinade to a medium skillet.

3. Reduce the grill heat to medium and grill the chicken until cooked through and no longer pink in the middle, 7 to 9 minutes per side. Meanwhile, bring the marinade to a boil. Reduce heat to a simmer and cook until the sauce is reduced by about half, 12 to 15 minutes. Let the chicken cool slightly; serve with the sauce.

Healthy Habits

Faculty and Staff Wellness Program

Calvin College

July, 2008

Eye Injury Prevention Month

When most people go out to mow the lawn, jump-start the car or get ready to do some spring cleaning, the last thing they think about is their eyes, but it should be one of the first.

More than one million people suffer from eye injuries each year, but 90 percent of these eye injuries could have been prevented if the individual had been wearing appropriate protective eyewear (with "ANSI Z87.1" marked on the lens or frame). For example, people can keep a pair of goggles in the trunk for when they need to jump-start their car. Sparks and debris flying from damaged or improperly jump-started auto batteries can severely damage the eyes.

Many household chemicals, such as cleaning fluids, detergents and ammonia, are extremely hazardous and can burn the eye's delicate tissues. When using chemicals, always read instructions and labels carefully, work in a well-ventilated area and make sure spray nozzles point away from you and others before spraying. And be sure to wash your hands thoroughly after use.

Before using a lawnmower, power trimmer or edger, be sure to check for debris. Stones, twigs and other items can become dangerous projectiles after shooting from the blades of a lawnmower, potentially injuring your eyes or those of bystanders. This time of year, people should be warned about one of the most dangerous activities. Each year hundreds of people end up with terrible eye injuries and burns from fireworks. The majority of victims are bystanders and children. There's just no way to use fireworks at home safely, even sparklers, because they burn at 1,200 degrees Fahrenheit, hot enough to melt gold.¹

Facts About Eye Injuries

- Nearly one million Americans have lost some degree of sight (a chronic or permanent disability) due to an eye injury. About 7% have a severe impairment and about 9% are blind in one eye. Eye injuries account for 40,000 to 50,000 new cases of impaired vision each year. In 90% of these cases, the injury could have been prevented, or at least could have been less severe, if the victim had been wearing protective eyewear.

- The U.S. Occupational Safety and Health Act (OSHA) of 1970 (Public Law 91-596) requires that "workers' vision be protected." The standard that applies to protective eyewear used in the industrial environment is titled *The American National Standard Practice for Occupational and Educational Eye and Face Protection* (ANSI Z-87.1). Protective eyewear designed to conform to ANSI Z-87 must meet strict safety and performance criteria. Yet despite this requirement, as many as 2,000 eye injuries occur each day in the workplace.

- According to the Optical Manufacturers Association, an estimated 60% of Americans wear prescription lenses. Since 1970, the U.S. Food and Drug Administration has required that lenses in prescription glasses, sunglasses, and fashion eyewear meet minimal impact standards. Prior to 1970, there were an estimated 120,000 lens-related injuries each year.²



“As many as 2,000 eye injuries occur each day in the workplace!”

Protecting Your Eyes

You can purchase most protective eyewear for about \$5-\$10 a pair and considerably less on higher quantity orders. Buy glasses that are made of an impact-resistant polycarbonate, or that are labeled as meeting ANSI (American National Standards Institute) requirements. Some types of sunglasses can be used as protective eyewear, as long as they have impact-resistant polycarbonate lenses.

Healthy Habits Highlight of the Month:

Mary Matthews



Meet Mary Matthews! Mary is a Southern California native who has worked the last three years in the CIT department. Two years ago she joined Healthy Habits for a number of reasons and has not regretted it one bit! In her previous work, Mary suffered a knee injury that placed limitations on her mobility. More recently, her doctor cautioned that surgery may be needed to repair her knee. She learned that some of the problems she was experiencing with her knee could be remedied if she was able to reach a lower weight. After learning this, Mary made a decision and set a goal for herself. She would start making changes in her life in order to avoid having knee surgery done.

Mary started working toward her goal last October and in February she joined Calvin's Weight Watchers at work program. Mary has had a great deal of success with this program saying that “the amount of support you have from those who are going through the program with you is amazing. They keep you accountable in many ways, like reminding you to go to the weekly meetings.” She also said that the support has made it easier to get through the problems you sometimes face, and “when you do things by yourself sometimes it is a lot harder to get through them.”

The Weight Watchers group also has given Mary information about all the programs that have been offered this summer to faculty and staff. She loves being able to hear if a program is a fit for her before deciding to join it. Since October, Mary has lost a total of 45 pounds, with 25 of those being lost since February. “Its all about taking the little steps to reach your goals. If you plan ahead it is much easier to get through it.” Congratulations Mary, and keep it up!

Protective Eyewear...it's come a long way!

Protective eyewear has evolved dramatically over the years. In the 1960s, standard safety glasses were worn mainly in industry and made of tempered glass with unattractive frame styles. But since then, a merge between safety glasses and sunglasses has made eyewear more protective and fashionable. There's a much wider selection of colors and styles to choose from. In fact, many sports and industry safety glasses are made with anything from sports team logos to zebra stripes on the frames. And instead of tempered glass, the majority of lenses today are made of impact-resistant polycarbonate.

In terms of research to improve protective eyewear, Dr. Williams Sr. M.D., an ophthalmologist at Marshfield Clinic, noted that the process is ongoing: "A lot of work has been done over the years to perfect the features of protective eyewear. What we have today is quite good. The task now is to educate people on how important it is to wear eye protection. **People don't realize that an eye can be destroyed in a fraction of a second.**"³

2.http://exercise.about.com/od/weightloss/a/stayfit_holiday.htm?p=1

3.Sizer, Frances S., and Ellie Whitney. Nutrition Concepts and Controversies. 10th ed. The Book Company, n.d.