



April 2010

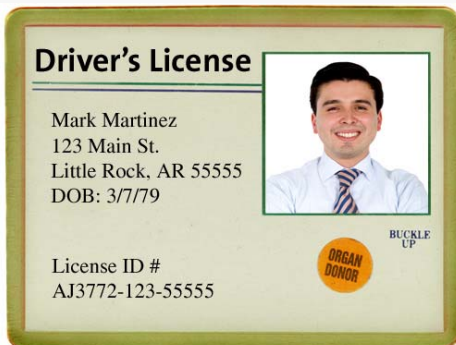
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Donate the Gift of Life!

Did you know that April is National Donate Life Month? With over 106,000 people on the national organ transplant waiting list, there's no better time to become an organ and tissue donor. One donor can save or help as many as 50 people!

How to become a donor:

- Register with your state donor registry at your state's Department of Transportation Web site.
- Designate that you are an organ donor on your driver's license. You can do this when you obtain or renew your license.
- Download a donor card at organdonor.gov to fill out and carry with you until you can designate your donation decision on your driver's license or join a donor registry.
- Talk to your family about your donation decision. Help them understand your wish to be an organ and tissue donor before a crisis occurs.



Save a life...
become an
organ donor!

LIVE WELL, WORK WELL

Celebrate Sustainability

April 22 marks the 40th anniversary of Earth Day. While many are celebrating by encouraging environmental awareness around the world, you don't have to completely revamp your lifestyle to help make a difference. Here are some simple ways to help conserve the Earth's resources:

At work:

- Turn off the lights when you leave a conference room, classroom or office. Make sure all lights are off before going home at the end of the day.
- Shut off faucets tightly. Report and leaks to your supervisor immediately – even a dripping leak can waste gallons of water a day.
- Only print out e-mails when necessary. Whenever possible, use both sides of paper when printing.
- Turn off the power strip to the equipment you use. Shut down your computer at the end of the day instead of just putting it on standby mode.
- Turn off the televisions in your reception area at the end of the day. If you are a 24-hour business, consider turning off



several monitors during non-peak business hours.

- Bring your lunch to work in a reusable lunch bag. Consider using reusable containers instead of plastic bags.

At home:

- Install Energy-Star[®]-rated light bulbs and appliances. These are proven to use significantly less energy.
- Purchase nontoxic cleaning products and biodegradable soaps.
- Pay bills online rather than through the mail. This is more eco-friendly and will also save you money on checks and stamps.
- Carpool, ride the bus, use other public transportation or bike to work.
- Open the doors and windows to let fresh air in. Indoor air quality is often worse than outside air, so circulate fresh air in.
- Find out from your city what you can recycle. There may be items that you are currently throwing in the trash that could go in your recycle bin.



IRS Scams Increase

Protect yourself from online identity theft and other scams that increase during and just after the filing season. Such scams have been known to impersonate the logo, names and design of IRS or U.S. Department of Treasury to mislead taxpayers into believing the scam is legitimate.

The “Refund Scam” is the most common IRS-impersonation scam during the filing season. A bogus e-mail claiming to come from the IRS says that the recipient is eligible for a tax refund of a specified amount. To claim the refund, the recipient must fill out a claim form requiring the entry of personal and financial information. Use extreme caution as this scam claims to be sent by the Exempt Organizations area of the IRS or from a genuine or made-up name of an IRS executive.

Watch for e-mails that:

- Request personal and financial information. The IRS does not send unsolicited e-mails to taxpayers. It does not discuss tax account information with taxpayers via

e-mail or use e-mail to solicit sensitive financial and personal information from taxpayers.

- Threaten a consequence for not responding to the e-mail such as additional taxes or withholding the refund.

If you are sent a suspicious e-mail, visit www.irs.gov and use the “Where’s My Refund?” tool, not the e-mail, to determine your refund amount. Then, forward the e-mail to the IRS and delete it from your inbox.



Dangers of Driving Drowsy

We all know that driving while sleepy isn't smart, but just how dangerous is it? Studies show that driving while sleep deprived can be just as hazardous as driving while intoxicated. Both result in a decrease in alertness, impairing your reaction time. Keep these tips in mind and make it safely to your destination:

- Avoid driving between midnight and 6 a.m. if possible.
- Pull over and stop if you feel sleepy. Even a 20-minute nap can make a difference in your alertness.
- Caffeine may keep you alert, but it is only a temporary solution.
- Avoid making long drives after you've lost sleep.
- Above all, call for a ride if you're too sleepy to drive!



Looking for a fresh twist on a traditional sandwich? Try this heart-healthy, spicy BLT!

Spicy BLT Sandwich

- 2 slices uncured turkey bacon
- 2 slices wheat bread
- ½ cup lettuce, sliced
- 3 slices tomato
- ¼ cup fat-free mayonnaise
- 2 tablespoon fresh basil, chopped
- ½ teaspoon dry mustard powder
- ½ teaspoon curry powder
- ½ teaspoon red pepper flakes

Combine mayo and basil in a small bowl, chill in refrigerator. Combine mustard powder, curry powder and red pepper flakes – sprinkle over turkey bacon. Place bacon on microwave-safe dish and cover with paper towel. Cook in high for 3 minutes or until bacon is crisp. Toast bread, build sandwich and enjoy!

