



PSTA'S EMPLOYEE NEWSLETTER

ISSUE 2

MARCH 2019

Upcoming Events

March

Mar 1

First Friday Food Trucks
Hot Pursuit Catering & BBQ
11 a.m. - 2 p.m.

Mar 2

Roadeo • PSTA Headquarters
Start at 9 a.m.

Mar 8

SAM's Club • Drivers' Lounge
10 a.m. - 2 p.m.

Mar 13

AFLAC • Maintenance Break Room
10 a.m - 2 p.m.

Mar 19

Massages
Admin 2nd Floor Breakroom | Operator's Lounge
8:30 a.m. - 10:30 a.m. | 11 a.m. - 2 p.m.

Mar 20

ICMA • Vendor Bid Room
9 a.m. - 12 p.m.

Mar 20

ICMA • Operator's Lounge
12:15 p.m. - 2 p.m.

If you would like to meet with any of the representatives individually or in a different location, please contact Sue Keim at ext. 1856

March Madness

Music in Our
Schools Month

National
Celery Month

National Craft
Month

National
Frozen Food
Month

National Irish
American
Heritage

National
Nutrition
Month

National
Peanut Month

National
Women's
History Month

Red Cross
Month

Social
Workers
Month

TO ALL OF OUR MARCH BABIES...

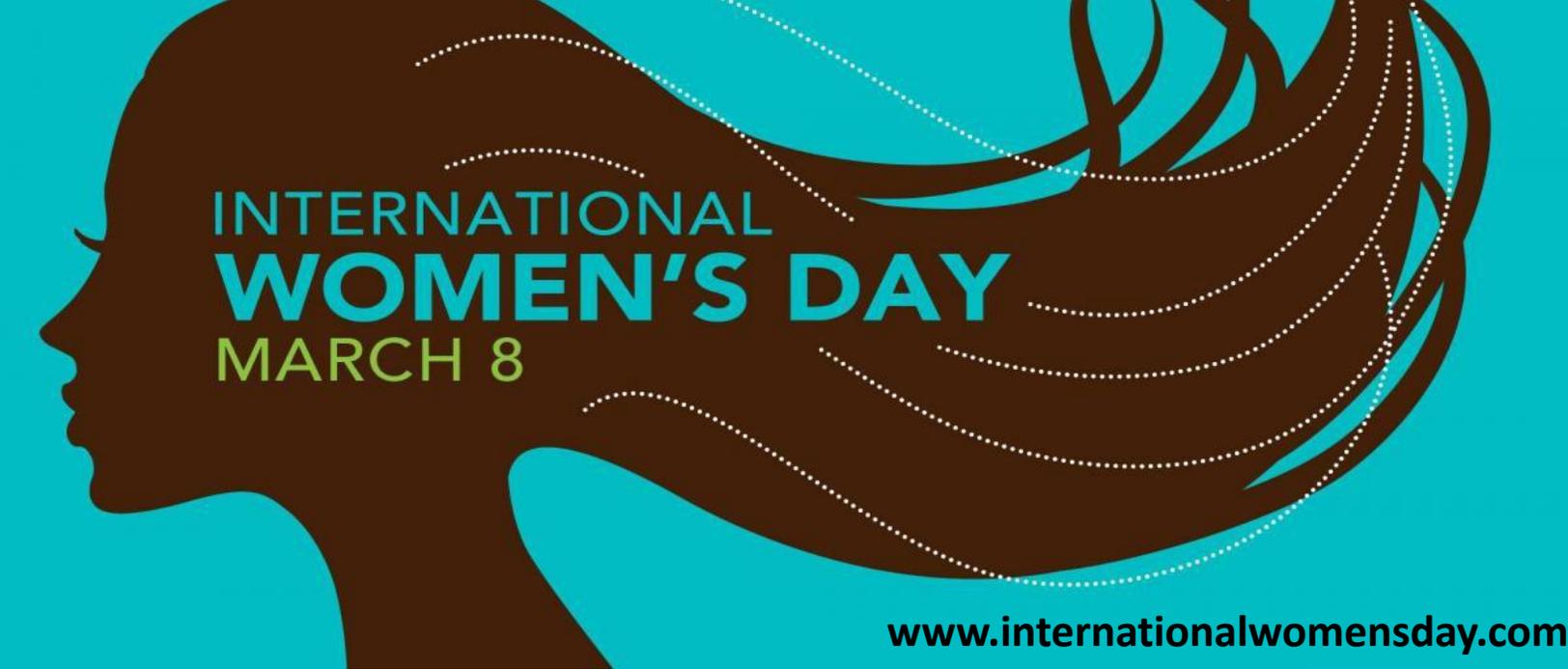




CELEBRATING ALL THE AWESOME WOMEN OF PSTA!
By Alissa Kostyk, Digital Marketing Manager



We also want to acknowledge all the women in operations who are on the front lines & on the road who were unable to be in the picture. You ALL rock! Thanks for all you do! 🚌💕🚌

A graphic featuring a dark brown silhouette of a woman's head and shoulders in profile, facing left. Her hair is styled in a voluminous, curly fashion. The background is a vibrant teal color. Overlaid on the silhouette is the text "INTERNATIONAL WOMEN'S DAY" in large, bold, teal capital letters, and "MARCH 8" in smaller, bold, lime green capital letters below it. The website address "www.internationalwomensday.com" is printed in white at the bottom right of the teal section.

INTERNATIONAL WOMEN'S DAY

MARCH 8

www.internationalwomensday.com

INTERNATIONAL WOMEN'S DAY 2019 CAMPAIGN THEME: #BALANCEFORBETTER

The future is exciting. Let's build a gender-balanced world. Everyone has a part to play - all the time, everywhere.

From grassroots activism to worldwide action, we are entering an exciting period of history where the world expects balance. We notice its absence and celebrate its presence.

Balance drives a better working world. Let's all help create a #BalanceforBetter.

Year long activity and collaboration: The 2019 #BalanceforBetter campaign runs all year long. It doesn't end on International Women's Day.

Let's build a gender-balanced world: Balance is not a women's issue, it's a business issue. The race is on for the gender-balanced boardroom, a gender-balanced government, gender-balanced media coverage, a gender-balance of employees, more gender-balance in wealth, gender-balanced sports coverage. Gender balance is essential for economies and communities to thrive.

Collectively we can all play a part: Collective action and shared responsibility for driving a gender-balanced world is key. International Women's Day is a global day celebrating the social, economic, cultural and political achievements of women - while also marking a call to action for accelerating gender balance.

5

"The story of women's struggle for equality belongs to no single feminist nor to any one organization but to the collective efforts of all who care about human rights."



WHAT IS THE REAL MEANING OF SAINT PATRICK'S DAY?

Adapted from Frances Mulraney, Submitted by Shelbie Harris

The true meaning of Saint Patrick's Day differs from person to person, but we look at the facts and history behind Paddy's Day to discover how close to the origins of the day the meaning of St Patrick's Day now is.

St. Patrick's Day is associated with many things, all of which have different meanings for different people: wearing green, breaking Lent, trying to try out your cúpla focal, going to a parade and, of course, drowning the shamrock. Yet what is the real meaning of St. Patrick's Day and what is its true importance for Ireland today?

March 17 marks the fifth-century death of our beloved patron saint, Saint Patrick and for over a thousand years, has been celebrated as a religious feast day.

According to history, St. Patrick was a missionary to Ireland and he became an adored figure for Irish Catholics as the person to bring Christianity to the Emerald Isle.

In times gone by, canonizations were carried out on a regional level, meaning that Patrick has never officially been canonized by a Pope although he is included on the list of Saints. The feast day was only officially placed on the Catholic Church's liturgical calendar in the early 1600s with thanks to Waterford-born Franciscan scholar Luke Wadding.

From then on it has been a holy day of obligation for Catholics (they are obliged to participate in the Mass). Until the 1700s, St. Patrick's Day was celebrated predominantly in Ireland where it was a somber religious occasion spent mainly in prayer.

WHAT IS THE REAL MEANING OF SAINT PATRICK'S DAY? (continued)

St. Patrick's Day didn't become an official Irish public holiday until 1903 with the introduction of the Bank Holiday (Ireland) Act 1903. This act was introduced by Irish Member of Parliament James O'Mara, who was also responsible for the law that required the closing of pubs on March 17.

The typical Irish family celebration before the 70s and before the uplift of the ban on drinking was very different from the party atmosphere associated with the day now. As St. Patrick's Day generally falls within the Christian season of Lent, Mass was attended in the morning with the afternoon set aside for celebrations. The Lenten prohibition against meat was lifted for the day and families sang and danced and celebrated during a time that is normally more somber on the Christian calendar.

In fact, before the drinking ban was repealed, there was only one place in Ireland where one could buy a tippie on March 17: The Royal Dublin Dog Show.

The evolution of St. Patrick's Day into the ruckus it's now associated with may, in fact, have been solely an Irish-American construct. Even though the feast day has been observed in Ireland since the 9th or 10th century, it was in New York City that the first parade took place when in 1762 Irish soldiers serving with the English military marched through Manhattan to a local tavern.

Patriotism amongst Irish immigrants in America continued to grow with the New York Irish Aid societies holding the first official parade in 1848 - the world's oldest civilian parade and the largest in the United States. The first parade in the Irish Free State did not take place until 1931.

The promotion of Paddy's Day in Ireland truly began in 1995 when the Irish Government realized the potential tourism benefits of celebrating the day and the opportunities for the country to sell its culture and sights to the rest of the world.

This resulted in the creation of the St. Patrick's Day Festival and has amassed to the multi-day celebration that we now have in Dublin in which approximately one million people take part annually.

MARCH 18

TRANSIT DRIVER APPRECIATION DAY

There is no us without YOU.



You work hard and are good at what you do.



You're the best Operators in the nation.



You're good people and we know it.



YOU make this company great.



YOU are appreciated more than you know!

James Bradford invites Bus Operators to a celebration in the Drivers' Lounge:

- Continental breakfast in the morning starting at 5 AM
- Hot lunch starting at 11:00 AM

Thank you!

✿ 03.19.2019 ✿

IS MASSAGE DAY



PSTA

8:30 a.m. – 10:30 a.m.

Break Room

11:00 a.m. – 2:00 p.m.

Drivers' Lounge

Take time to *Relax*





it's in our hands

PSTA EMPLOYEE MAMMOGRAM SCREENINGS

Submitted by the PSTA Benefits Team

PSTA is partnering with BayCare again this year to offer Mammogram Screenings at select appointment dates and times exclusively for eligible PSTA employees.

Appointments are available on Tuesday, March 19th, from 1:00pm to 4:45pm and on Thursday, March 21st from 7:30am to 12:00pm.

To schedule your screening, you must go to <https://ha.healthawareservices.com/ra/survey/3462>, complete the short questionnaire and then select the day and time that best fits your schedule.

Please contact BayCare Outpatient Imaging at 727-561-2342.

DID YOU KNOW: Annual mammograms can detect cancer early – when it is most treatable. In fact, mammograms show changes in the breast up to two years before a patient or physician can feel them. Mammograms can also prevent the need for extensive treatment for advanced cancers and improve chances of breast conservation.



U.S. Department
of Veterans Affairs

STAND DOWN *for* HOMELESS VETERANS

Saturday, March 30, 2019

9:00 a.m. — 1:00 p.m.

Veterans Courtyard

C.W. Bill Young VA Medical Center

Services available for homeless
Veterans and those at risk include:

- Medical Care
- Employment Assistance
- Hair Cuts
- Housing Information
- Breakfast and Lunch
- Drivers License ID
- Bike Raffles
- And more...

A Stand Down Court will also be available! Veterans interested in addressing minor legal concerns with the 6th Judicial Circuit Court will have the opportunity to speak with experts to possibly reduce or dismiss fines or legal fees!

PSTA will provide free bus transportation to all Veterans attending the Stand Down. Show your VA ID and ride for FREE!

COMING SOON



Veterans Resource Group for PSTA Employees

Our goal is to provide veterans that are employed at PSTA and their families access to resources, services, community engagements and efforts.

We will also serve as a resource and service to those in need, creating job opportunities and recruiting veterans or assisting other veterans at PSTA.

**All PSTA military veteran employees
are welcome to participate**

CONTACT: Tom Heyob

Email: Theyob@psta.net

Phone: 727.417.8772

Join Us!

Get on Board

FOR PUBLIC TRANSIT
APRIL 25, 2019

Submitted by Nicole Dufva,
Public Engagement Planner

Get on Board Day is a new national awareness and advocacy day that is all about generating awareness of and increasing support for public transportation among riders and non-riders, elected officials, and stakeholders.

Public transportation transforms communities and the lives of the people living in them by spurring economic development, promoting sustainable lifestyles and providing a higher quality of life. Every segment of American society—individuals, families, communities, and businesses—benefits from public transportation.

Some quick facts!

Get on Board for Economic Opportunities:

- Every \$1 invested in public transportation generates \$4 in economic returns.
- Every \$1 billion invested in public transportation supports and creates more than 50,000 jobs.
- Every \$10 million in capital investment in public transportation yields \$30 million in increased business sales.
- Every \$10 million in operating investment yields \$32 million in increased business sales.
- 70% of public funding for public transportation flows to the private sector, creating and supporting hundreds of thousands of jobs.
- Home values in areas located near high-frequency public transit performed 42% better than other areas.
- Hotels in cities with direct rail access to airports raise 11% more revenue per room than hotels in those cities without.

3RD ANNUAL PSTA SPORTSFEST '19 COMPETITION (SATURDAY, APRIL 27TH, STARTS @ 8:30AM)

Hey PSTA'ers - it's that time again for Sportsfest 2019!

James Bradford is Team Captain this year and is now taking players to represent PSTA at this year's beach event against other companies in the BAY area!

To sign up (and for more information about the event), go to PSTA's sign-up @ <https://sportsfest.com/join/160>.

This year, we need volunteer squad leaders to take charge, lead, and organize the individual PSTA teams in the following events:

Beach Volleyball: Squad Leader _____?

Beach Dodgeball: Squad Leader _____?

Corn Toss: Squad Leader _____?

Surf & Turf: Squad Leader _____?

Tug-of-War: Squad Leader _____?

Each player is responsible for paying his or her own \$35 participant fee online - PSTA is taking care of the team entry fee.

SIGN UP NOW! THE ONLINE PAY LINK FOR PARTICIPANT FEES WILL BE OPEN AFTER 3/15.





On Saturday March 2, 2019, PSTA hosted the Regional Rodeo and Family Day, in which bus operators from HART, MCAT, PCPT, PSTA and SCAT participated.

Thank you to all the participants, judges, and volunteers who made the event a huge success!

**PLEASE ENJOY THE FOLLOWING EVENT
PHOTOS COURTESY OF LLOYD JERNIGAN**

GoodTimes



Way to GO!

CONGRATULATIONS to our winning ¹⁵
Maintenance Team: Bobby Farris, Tyler
Johnson and Paul Levesque!



AMAZING JOB TO OUR BUS OPERATOR ROADEO WINNERS!

First Place: Nehemia Guerra

Second Place: Terall Beery

Third Place: Jose Colindres



OUR 2019 ROADEO CHAMP: NEHEMIA GUERRA

WAY TO GO! Bus Operator, Nehemia Guerra, won the PSTA bus operator competition for the second year in a row. He did an excellent job representing us!

Nehemia and our Maintenance Team will be off to Jacksonville to compete at the State Rodeo on April 6, 2019! We are rooting for you guys!!!

Best of luck!













Kudos to the following AWESOME bus operators who recently received commendations from our customers! Thank you for the efforts you have made and for going above and beyond. Your attitude and actions will make customers come back to use our service and feel that our service is worthwhile. **YOU make the difference!**



SILVERIO ARRUDA
DONNA CAMERON
SALIM CHENNA
MARK FIELDS
YOLANDA GIBSON
ALBERT GREEN
STACEY JOHNSON
ESAM KAMEL
DONALD KING
KEITH MORTON
JORGE OTERO
DEBORAH POUNTNEY
GREG RANDLE
ZELDA ROBINSON
CARLTON ROUNDTREE
MICHAEL SANO
MARK SCHATZ
AL SNELL
WILLIE WALKER



SAFE DRIVER AWARDS

JANUARY 2019



OPERATOR NAME	DATE EARNED	NUMBER OF YEARS AWARDED	TYPE OF AWARD
Douglas W Oakley	1/22/2019	25	Pin, Certificate, Safe Driver Patch
Dennis Roberts	1/22/2019	20	Pin, Certificate, Safe Driver Patch
Tamara Simmons	1/21/2019	16	Pin
Edgar M Lamay	1/12/2019	16	Pin
Jeffrey LaRotonda	1/31/2019	14	Pin
Daniel Ortiz	1/25/2019	10	Pin, Certificate, Safe Driver Patch
James O Lindsay	1/7/2019	10	Pin, Certificate, Safe Driver Patch
Steven F McAllister	1/10/2019	9	Pin
Brent J Simmons	1/12/2019	7	Pin
Derek E Boyd	1/10/2019	5	Pin, Certificate, Safe Driver Patch
Theresa Lynn Jones	1/26/2019	5	Pin, Certificate, Safe Driver Patch
Michael Sano	1/19/2019	4	Pin
William E Woodley	1/9/2019	2	Pin
Michael Louis Hebert	1/9/2019	2	Pin
Susan Welch	1/9/2019	2	Pin
Sheila L Brown-Hunter	1/9/2019	2	Pin
Jose A Ruiz	1/9/2019	2	Pin
Victor Lee Manley	1/2/2019	1	Pin, Certificate

KEEP UP THE GREAT WORK!

Congratulations!

PSTA MARKETING WINS THREE 1ST PLACE AD WHEEL AWARDS

Submitted by Maryanne Sobocinski, Planning Assistant

At APTA'S Marketing and Communications Workshop in New Orleans on Feb. 25th, 2019, PSTA's Marketing Dept. won three APTA Ad Wheel Awards.

The three awards were:

1. Best Educational Special Event: Appy Hour (Launching Transit App)
2. Best Shoestring Tactic to Highlight Transit Needs/Funding: TRAC STAR Award
3. Best Partnership to Increase Ridership or Sales: Spring Break Partnership

We are proud of our Marketing and Engagement staff for their hard work!



Photo courtesy of Bob Lasher

WELCOME!

NEW BUS OPERATORS



Gena Barina
Andreana Bell
Julio Castro
Ron Colon
Calvin Davis
Alan Harris

Daniel Lemay
Julia Meadows
Joelyn Murphy
Wayne Smith
Marquis Sutton²⁶
Jean Vil



EMPLOYEE Spotlight



Congratulations to Julie Lupis on her promotion to Director of Accounting!

Farewell to PSTA's Director of Marketing & Communications, **Cyndi Raskin-Schmitt!** Cyndi has accepted a new position as Director of Commuter Services at the Tampa Bay Area Regional Transit Authority (TBARTA). THANKS for your service of more than 20 years!



PROJECT MANAGEMENT UPDATES

by Abhishek Dayal, Director of Project Management Office

The Central Avenue Bus Rapid Transit (BRT) Project is a rapid transit connection between the downtown St. Petersburg and the cities of South Pasadena and St. Pete Beach to the Don Cesar Hotel.

PSTA has completed 30% of the design for this project and held several open house meetings to get public comments.

On March 7th, 2019, City of St Petersburg approved local funding to enhance BRT stations with public art.

The artist team of Carol Mickett and Robert Stackhouse will work with the design team to design unique shelters along the BRT corridor. Design is anticipated to be completed by Fall 2019 with construction to begin late Fall 2019.

The project is scheduled to open for revenue service by late 2020/early 2021.



NEW CLEARWATER BEACH TRANSIT CENTER

Submitted by Michael Hetrick, Project Management Coordinator

PSTA and the City of Clearwater partnered up to design and construct the new Clearwater Beach Transit Center - South located at the Clearwater Municipal Marina. PSTA's Project Management Office led the coordination. A tremendous amount of work was completed in record time as the stop opened March 1st to launch the 2019 PSTA Spring Break Park & Ride service. Kudos to all for making this happen on time so staff could join PSTA CEO Brad Miller in welcoming Spring Breakers on Clearwater Beach!

Quote from Michael Hetrick: "It was a privilege to be the Project Manager for this project. As you might expect on any project, there were challenges and setbacks, but I was extremely impressed with the coordination I saw across PSTA departments. This was truly a team effort, and I would like to thank everyone who helped bring this project together."

well done





CAR FREE ST. PETE CAMPAIGN

Submitted by Whitney Fox, Public Relations Manager

- PSTA has partnered with other modes of transportation such as Nickel Ride, Coast Bike Share and the Cross Bay Ferry, as well as, the St. Pete Downtown Partnership to promote transportation options in St. Petersburg.
- Make sure to follow @CarFreeStPete on social media! (Instagram, Facebook & Twitter)
- During the month of April, there will be a Car Free St. Pete Challenge to encourage people to see how many trips they can take car free.
- Please make sure to post a photo and tag @CarFreeStPete and #CarFreeStPete to show us how you went car free during April!

Clare Lynch, HR Recruiting Coordinator, and her 4-year old grandson, Evan, recently accepted the Car Free Challenge and had a great time aboard the Looper. Special thanks to AWESOME bus operator, Elbert Craig, for the great customer service and hospitality!





Why Car Free?

Sustainability

- #1 way an individual can reduce carbon emission
- Alternative transit reduces CO₂ emissions by 37 million metric tons annually in U.S.
- Alternative transit reduces energy consumption equal to 4.2 billion gallons of gasoline each year in U.S.

Health & Wellness

- Reducing stressful commutes in stop and go traffic can lead to better mental health
- Public transit users are 2-5 lbs lighter in weight than car-drivers (11lbs for bikers)
- Cities with active transit options have lower obesity

Economy & Employment

- A household can save nearly \$10,000 taking alternative transit and living with one less car
- Walking and biking increases spending at local businesses and increases property value
- Business headquarters are inquiring about transit options to attract a less car-centric workforce

Community

- Reduces congestion on roads
- Provides personal freedom and mobility choices
- Higher productivity accomplished while not driving

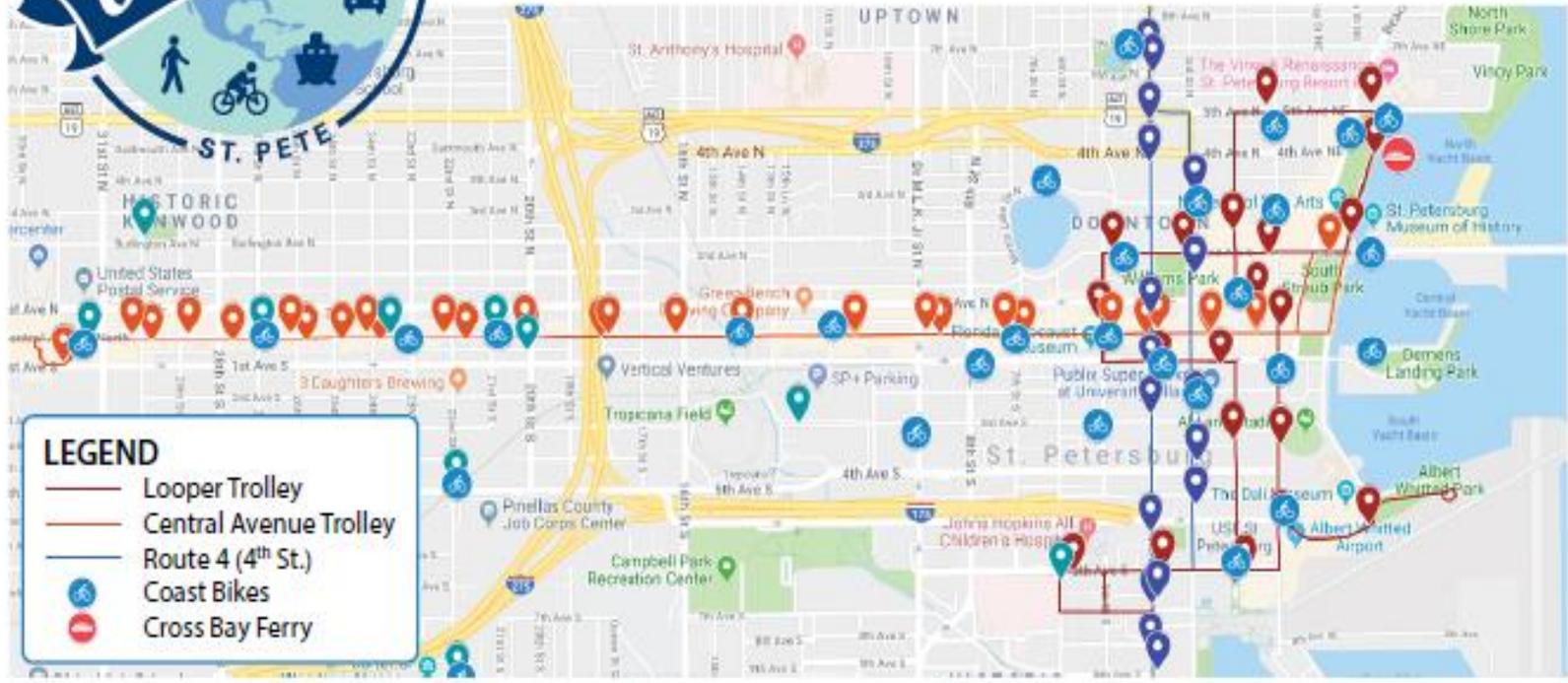


Follow us
@CarFreeStPete

#CarFreeLiving 



How to be Car Free



LEGEND

-  Looper Trolley
-  Central Avenue Trolley
-  Route 4 (4th St.)
-  Coast Bikes
-  Cross Bay Ferry



Coast Bike Share

Download *Social Bicycles App* and hop onto a bike from one of the 30 stations around St. Petersburg. Ideal for short, one-way trips.

The Nickel Ride

Download *Nickel Ride App* to hail a FREE eco-friendly electric vehicle to take you anywhere you need to go in downtown St. Pete.

Downtown Looper

Board one of the trolleys or Tampa Bay's first all-electric bus for FREE and connect to St. Pete's major museums and attractions. Service runs every 15 minutes.

PSTA

Download *Transit App* to see real-time data and departure times to easily plan your trip on public transit. PSTA connects you from St. Petersburg throughout Pinellas County.

Cross Bay Ferry

Download *Cross Bay Ferry App* to view the schedule and buy tickets for your next trip from downtown St. Petersburg to downtown Tampa.



PSTA AND CITY OF CLEARWATER PARTNER TO PROVIDE FREE SPRING BREAK PARK & RIDE Submitted by Whitney Fox

Service includes free parking in downtown Clearwater with a shuttle to Clearwater Beach.

St. Petersburg, FL - Clearwater Beach was recently named #1 Beach in America by TripAdvisor for the second year in a row. So, it's no surprise that traffic in Clearwater gets a bit heavy during spring break season. On average, more than 50,000 vehicles drive through the roundabout on a typical spring break day. To alleviate some of the traffic and stress, the City of Clearwater has partnered with Pinellas Suncoast Transit Authority (PSTA) to provide a free Spring Break Park & Ride.

During the months of March and April you can park for free in the former City Hall lot (112 S. Osceola Ave.). A trolley will pick up every 30 minutes from 10 a.m. - 10 p.m. Monday -Thursday and every 15 minutes 10 a.m. - midnight on Friday, Saturday and Sunday. Return service to the Park & Ride lot boards at the Clearwater Beach Marina (25 Causeway Blvd.).

"Parking is plentiful, but often quickly filled on the beach during the busy spring season," said Clearwater Mayor George Cretekos. "The City of Clearwater is again pleased to partner with PSTA to promote this year's improved Park & Ride program to provide beach visitors and employees with a free alternative for getting to America's #1 beach during this busy season."

This is the third year PSTA and the city have partnered to provide enhanced public transportation services as an alternative to driving and parking on the beach. In the first ten days of this year's program there has already been roughly 1,200 trips taken on the Spring Break Park & Ride service. That's an average of about 480 cars taken off the Clearwater Memorial Causeway Bridge. Ridership is expected to increase exponentially during the next few weeks, especially during the expanded 2019 Sugar Sand Festival April 12-28.

"Our purpose in this partnership is to provide an easy, relaxing way to get to our famous beaches. We've heard positive comments from residents and visitors alike who appreciate the convenience of parking for free and enjoying the ride to the beach," said PSTA CEO Brad Miller. "The success of this program is largely due to the support we have received from the City of Clearwater."

For more information on the Spring Break Park & Ride service call PSTA's InfoLine at 727-540-1900 or visit psta.net/springbreak.

Thank you!

from the Ronald McDonald House Charities

“Your room sponsorship is much more than a name on a plaque - it allows us to create a “home-away-from-home” for children and their families each and every day. Without your support, we would not be able to provide these families with the necessities needed for adequate care and comfort. Because of you, families with a child receiving medical treatment have a bed to sleep in, food to eat and a wonderful support system inside of Ronald McDonald House Charities Tampa Bay.

Thank you again for your generosity, love and support. We could not do what we do without donors like you!”



PSTA's Adopt a Room Sign at the St. Pete West House



Jillian Halstead-Barnes
Donor Relations Coordinator
RONALD MCDONALD HOUSE CHARITIES TAMPA BAY
35 Davis Boulevard
Tampa, FL 33606
P: 813.258.6430, ext. 6
E: jbarnes@rmhctampabay.org
Web: www.rmhctampabay.org

KNOW YOUR NUMBERS! AND IF YOU DON'T, GO TAKE YOUR BLOOD PRESSURE IN THE PSTA FITNESS CENTER!

Submitted by Julie Lupis, Director of Accounting



Together
to End Stroke™

High blood pressure equals **HIGHER RISK OF STROKE.**



**NORMAL
BLOOD PRESSURE
IS BELOW
120/80**

**STROKE HAPPENS
WHEN A CLOT
OR RUPTURE
INTERRUPTS BLOOD
FLOW TO THE
BRAIN. WITHOUT
OXYGEN-RICH BLOOD,
BRAIN CELLS DIE.**

Most people who have a
first **STROKE** have
**HIGH BLOOD
PRESSURE.¹**



80%
of strokes can be
PREVENTED.²

Nearly
1 IN 6
American adults with
high blood pressure
DON'T KNOW.³



At age 50, people without
high blood pressure have a

**LIFE EXPECTANCY
5 YEARS
LONGER**

than people with high blood pressure.³



Have your
blood pressure
checked
and keep it
in check to

REDUCE
your **RISK OF STROKE.**

¹ Neal B et al; Lancet, 2000;356:1955-64 // ² D'Agostino, R.B. et al; Stroke, 1994;25:40-43 // ³ Mozaffarian D et al; Circulation, 2017;135:e135-139

Together To End Stroke™ before it happens. For more information visit Heart.org/HBP



HEALTHY TIPS

Submitted by Shelbie Harris

Green Bell Peppers

Green bell peppers are an outstanding source of antioxidant and anti-inflammatory phytonutrients. These phytonutrients include flavonoids (luteolin, quercetin, hesperidin) and hydroxycinnamic acids (especially ferulic and cinnamic acids). These are grassy in taste as well as super-crunchy in structure. Green bell peppers are somewhat bitter in flavor. In addition to their great flavor, bell peppers have great nutritional value. You may want to learn more about green bell pepper nutrition and specifically calories in green bell peppers.

According to world healthiest foods green bell peppers contain antioxidants such as:

- α -carotene
- cryptoxanthin
- Vitamin E
- Manganese
- Magnesium
- Vitamin C
- Zinc

Anti-oxidants are used to neutralize free radicals from the body. There should be a balance between the free radicals generated during biological processes such as metabolism and their removal from the body. Accumulation of free radicals in the body can result in cell damage which has been linked with autoimmune disorders, aging, cataract, rheumatoid arthritis

- Green Bell Pepper is loaded with the nutrients to help in preventing heart diseases
- Green Bell Peppers have Potential Anti-Cancer Benefits
- Green Bell Pepper help in healthy digestive system
- Green Bell Pepper may help in regulating body weight
- Green Bell Pepper supports function of red blood cells and important to pregnant mothers
- Green Bell Pepper help in tissue development and immunity³⁶
- Green Bell Pepper may help in improving strong eyesight
- Green bell peppers may lead to healthy lungs

HEALTHY TIPS continued

Green bell peppers contain nutrients that help in cellular metabolism.

Among the nutrients in green bell pepper used in cellular metabolism includes:

- Vitamin B6 is used in formation of niacin and tryptophan in the body. It's also essential in cell membrane synthesis and breakdown of fats, carbohydrates and proteins.
- Niacin maintains a healthy skin, digestive and nervous system role in energy production in cells and helps keep the skin, nervous system, and digestive system healthy.
- Folate has a role in synthesis of nitric oxide, a molecule that dilates endothelial cells and improves blood flow.
- Zinc is essential in many body processes. Its involved cell growth and division such as in the renewal of skin cells and nails (International Zinc Association, 2011).
- Vitamin C is a cofactor in at least eight enzymatic reactions.
- Magnesium and zinc are enzyme cofactors in many chemical processes within the body. Magnesium is important in the contraction of muscles and nerve transmission due to its role in active transportation of calcium and potassium in cells (National Institute of Health, 2013).

Source: <https://durablehealth.net/food-nutrition/green-bell-pepper-nutrition-health-calories/>



RECIPE OF THE MONTH

Author Willow Moon, Submitted by Shelbie Harris

Yum



Shamrock Shake (vegan, gluten free)

This rich and creamy Vegan Shamrock Shake is the minty treat you're going to want this St. Patrick's Day! Made with all-natural green color.

Prep Time 5 minutes

Ingredients:

Mint Ice cream

- 11.25 ounces sweetened condensed coconut milk (1 cup)
- 1 cup coconut milk full fat
- 1/2 teaspoon matcha green tea powder*
- 1/2 teaspoon spirulina powder*
- 1/2 teaspoon peppermint extract
- 1 teaspoon vanilla extract
- Pinch salt

Shake

- 1/2 cup unsweetened almond milk

Instructions:

1. Mint Ice cream: Mix all ingredients in a Nutribullet or high speed blender except almond milk. Freeze overnight.
2. Shake: Mix mint ice cream with almond milk.

Recipe Notes:

*You could use all matcha green tea or all spirulina powder, but I like the color of the two of them combined. If you use all spirulina powder, you'll need less than the amount listed.



SOMETHING AWESOME IS HAPPENING AT PSTA - PLEASE TELL US ALL ABOUT IT! 😊

- We're looking for cool pics, catchy taglines, and limited text.
- Tell us about your projects, programs, milestones, and successes.
- Let us know about awards, events, and other special interest stories.
- Co-Worker Kudos, Shout-Outs, Commendations, and Employee Spotlights.
- Please send high resolution photos with your articles.
- Send your articles and photos to Tamika White at twhite@psta.net.
- All submissions are subject to editing for brevity, appropriate language, and relevance.

Cool ideas for the newsletter? Please contact your Newsletter Committee: Tamika White, Juan Luvian, Nicole Dufva, and Shelbie Harris.



