


>>>
SPRING/SUMMER 2024
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FEATURED ARTICLES

Get Ready to Celebrate the 4th With A Run in the Sun!




The fourth of July is just around the corner, and with beachy celebrations so close you can almost smell the barbecue, many of us will get into high gear and head outdoors for some summer exercise. After all, there's no better way to earn your burgers and hot dogs than a little jogging, sprinting, or long-distance running!

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Sidestepping Summer Wear and Tear

As flip flops and sandals become our footwear of choice, relaxation can give way to some frustrating aches and pains. The reason why is fairly simple: Breezy, open-toed footwear styles often lack structure, which can take a toll on our hardworking feet.

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Keeping Your Feet Fresh All Summer Long



Summer heat means poolside lounging and plenty of outdoor adventures. Warm weather isn't without its drawbacks, however. One example? **More heat can lead to more fungal infections of the feet**, especially in public settings like pools and locker rooms!

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MEET OUR DOCTORS



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RECIPE OF THE MONTH

Ribbon Salad with Orange Vinaigrette

Zucchini, cucumbers, and carrots are peeled into "ribbons" for this citrusy salad. Serve this refreshing salad at parties and special occasions.

YOU'LL NEED

Salad

- 1 medium zucchini
- 1 medium cucumber
- 1 medium carrot
- 3 medium oranges
- 3 cups fresh baby spinach
- 4 green onions, *finely chopped*
- 1/2 cup chopped walnuts
- 1/2 tsp salt
- 1/2 tsp pepper
- 1/2 cup golden raisins, *optional*

Vinaigrette

- 1/4 cup olive oil
- 4 tsp white vinegar
- 1 tbsp green onion, *finely chopped*
- 2 tsp honey
- 1/4 tsp salt
- 1/4 tsp pepper

ALL YOU HAVE TO DO

1. Using a vegetable peeler, shave the zucchini, cucumber, and carrot lengthwise into very thin strips.
2. Finely grate enough zest from the oranges to measure 2 tablespoons.
3. Cut 1 orange in half. Squeeze the juice from the orange to measure 1/2 cup. Reserve the zest and juice for the vinaigrette. Cut a thin slice from the top and bottom of the remaining oranges; stand the oranges upright on a cutting board. With a knife, cut off the peel and outer membrane from orange. Cut along the membrane of each segment to remove fruit.
4. In a large bowl, combine spinach, orange sections, green onions, walnuts, salt, pepper, and, if desired, raisins. Add vegetable ribbons; gently toss to combine. In a small bowl, combine vinaigrette ingredients. Add reserved orange zest and juice; whisk until blended. Drizzle half of the vinaigrette over the salad; toss to coat. Serve with remaining vinaigrette.

Recipe courtesy of [tasteathome.com](#)

THIS MONTH IN JUNE & JULY

INTERESTING DATES

JUNE

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

JULY

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

- 7 National Donut Day**
- 14 National Flag Day**
- 16 Father's Day**
- 19 Juneteenth**
- 20 Summer Begins**
- 27 International Pineapple Day**
- 4 Independence Day**
- 13 National French Fry Day**
- 16 Moon Landing Anniversary**
- 21 National Ice Cream Day**
- 24 National Tequila Day**


HISTORICAL FACTS

- ★ June 3, 1972 - Sally Jan Priesand was ordained a rabbi, becoming the first woman rabbi in the U.S. She then became an assistant rabbi at the Stephen Wise Free Synagogue in New York City.
- ★ June 18, 1983 - Dr. Sally Ride, a 32-year-old physicist and pilot, became the first American woman in space. She began a six-day mission aboard the space shuttle Challenger, which was launched from Cape Canaveral, Florida.
- ★ June 27, 1972 - Nolan Bushnell and Ted Dabney founded Atari, Inc. The pioneering video game and home computer company produced arcade classics like the two-dimensional tennis simulator, Pong. In the '70s and '80s, its products had a large impact on the electronic entertainment industry.
- ★ On July 1, 1847, the U.S. postage stamps went on sale for the first time. One, priced at five cents, depicted Benjamin Franklin. The other, a ten-cent stamp, pictured George Washington. Clerks used scissors to cut the stamps from pregummed, nonperforated sheets.
- ★ On July 12, 1933, Congress passed the first minimum wage law. The minimum wage was set at 33 cents per hour.
- ★ On July 16, 1999, John F. Kennedy Jr., along with his wife, Carolyn, and sister-in-law, Lauren, died in a plane crash off Martha's Vineyard.

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