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5 Ways to Avoid Sunburn



The skin on your feet is just as susceptible to damage from UV rays as anywhere else on your body, but many people forget that. July is UV Safety Awareness Month and a great time to share reminders about protecting your skin from harmful exposure and sunburn.

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Podiatric Tips for Pregnancy

Expecting a baby? Congratulations! You're probably already well aware that your body is undergoing significant changes. You may not realize, however, that some of these changes can substantially impact your feet.

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Recipe of the Month

Mint-Cucumber Tomato Sandwiches

This a simple and straightforward idea for a very tasty and quick lunch or snack on a hot summer day



Ingredients

- 3 tablespoons butter, softened
- 8 slices sourdough bread or bread of your choice
- 1 large cucumber, thinly slices
- 1 medium tomatoes, thinly sliced
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1/4 cup fresh mint leaves

Directions:

1. Spread butter over 4 slices of bread.
2. Layer with cucumber and tomatoes
3. Sprinkle with salt, pepper, and mint.
4. Top with remaining bread.
5. If desired, cut each sandwich into quarters.

Recipe courtesy of [Taste of Home](#)

July Fun Facts

- July was named after Roman general Julius Caesar, as it was the month he was born.
- The full moon in July is known as the 'Buck Moon'. Bucks (male deer) begin to grow their antlers at this time of year.
- Early July, historically, is called the dog days of summer because it's the beginning of the hot, humid summer days.
- The fourth of July is the only federal holiday (national holiday) in July. Independence Day is in celebration of the United States' declaration of independence from Great Britain. America's birthday. The Declaration of Independence was signed by Thomas Jefferson, John Adams, and John Hancock on July 4, 1776.
- Neil Armstrong made history on July 29, 1969, by taking the first steps on the moon. His famous declaration, "That's one small step for man, one giant leap for mankind!"

July Special Days - Mark Your Calendar!

July 4 - Independence Day

July 11 – All American Pet Photo Day

July 14 - World Emoji Day

July 20 - National Moon Day

July 23 - Hot Dog Day

Trivia

How many hot dogs do Americans consume on July 4th each year?

- A. 9.3 Million
- B. 10 Million
- C. 545 Thousand
- D. 155 Million

Answer: D. 155 Million

Joke

Why do bananas use sunscreen?
 Because they peel

Meet Our Doctor



Kenneth R. Wilhelm, D.P.M.

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Mon : 8:15 A.M. - 12:00 P.M.
 Tues: 8:15 A.M. - 5:00 P.M.
 Wed: 8:15 A.M. - 5:00 P.M.
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 Fri: 8:15 A.M. - 5:00 P.M.
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