

July is Firework Safety Month

Firework safety is important, especially at this time of year when people use them to celebrate all sorts of occasions. When using fireworks, it is best to follow a few simple rules to keep everyone safe.

- Be sure to read and follow all the directions before using them
- Children should never be allowed to handle fireworks
- When lighting fireworks, put on safety glasses to protect the eyes
- Only use fireworks in an open area
- Keep a bucket of water nearby at all times to soak duds, and do not try to relight them
- Don't light fireworks in any type of container, and never carry them in a pocket, because friction of movement can cause them to light
- Keep a first aid kit handy, and if serious injury is suffered, seek medical attention
- Never mix alcohol and fireworks

Better yet, let the experts do it! Here are some great locations to watch the 4th of July fireworks in and around Rochester:

- Frontier Field, Rochester – 7:05pm Red Wings game followed by fireworks.
- Chil-E Festival, Chili – Plenty of family friendly activities all day followed by a firework display in the evening
- Mark Tubbs Village Part, Lima – Fireworks display begins at 9:45pm
- Saratoga Field at SUNY Geneseo – RPO outdoor concert at 8:30pm. Stay after for fireworks!

Everyone Deserves a Massage Week - July 15-21

There are many health benefits of massage including relief from anxiety, diabetes, cancer, heart problems, pain, and nervous problems. It also helps to improve the health of skin, blood circulation, and the functioning of the urinary and digestive systems.

Don't be afraid to ask a potential massage therapist questions such as:

- Are you licensed, certified, or registered?
- What is your training or experience?
- How many sessions do you think I will need?
- What's the cost and is it covered by health insurance?

Ask your doctor if massage therapy is right for you.

Skinny Vegetable Reuben

Serving Size – 1 large sandwich

Calories Per Serving – 229

- 1 tsp. avocado oil
- 1 cup sliced mushrooms
- ½ cup sliced red onion
- 1 cup packed baby spinach
- 2 tbsp. plain Greek yogurt
- 2 tsp. mayonnaise
- 2 tsp. ketchup
- 1 tsp. relish
- Pinch of celery salt
- 4 large slices of rye bread
- 4 tsp. unsalted butter softened
- ¾ cup sauerkraut, drained
- 3 slices Swiss cheese

Heat oil in medium skillet over medium-high heat. Add mushrooms and onion and cook, stirring often until the mushrooms are soft and brown (4 to 6 minutes). Add spinach and stir until wilted. Remove from heat.

Stir yogurt, mayo, ketchup, relish, and celery salt in a small dish. Butter bread and flip bread butter side down. Spread yogurt mixture over the non-buttered side of the bread. Divide veggie mixture between two slices of bread. Top with sauerkraut and cheese. Close sandwiches.

Lay sandwiches in a large dry skillet and set over medium heat. Cook until browned (3 to 4 minutes per side).

