

JULY

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Good Health is Just Around the Corner

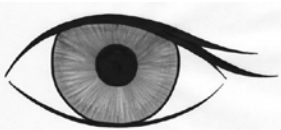
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Mon–Fri: 8:00 AM – 7:00 PM
Saturday: 8:00 AM – 4:00 PM
Sunday: CLOSED

July is Eye Injury Prevention Month, Juvenile Arthritis Awareness Month, Park and Recreation Month and July 28th is World Hepatitis Day



Eye Injury Prevention Month

Preventing eye injuries is a matter of getting the right protective eyewear. Here are some things to know about eye injury and eye

protection. <http://www.geteyesmart.org/eyesmart/living/eye-injuries/preventing.cfm>

Most injuries occur in men and 44.7 percent of the injuries occur at home. More than forty percent of those injuries were due to home repairs, yard work, cleaning and cooking. Over one-third (34.2 percent) of injuries in the home occurred in the kitchen, bedroom, bathroom, living or family room and over 40 percent of eye injuries every year are related to sports and recreation activities.

Sun exposure can also injure eyes as well as dust or objects. When eye injury typically occurs, more than 78 percent of the people injured are not wearing eye protection.

Information on eye protection at home, work, or play:

<http://www.geteyesmart.org/eyesmart/living/eye-injuries/protective-eyewear.cfm>

- Glasses, goggles or a face shield at home with ANSI Z87.1 marked on the lenses. This means that the protections meets the American National Standards Institute standard for eye protection.
- OSHA is in charge of eye protection at work and the appropriate eye protection to use. Most employment requires the same ANSI safety standard with the exception of welding that requires additional eye and face protection.
- At play, ASTM International formerly known as the American Standard for Testing and Materials regulates sports protective equipment. There are specific standards for different sports including racket sports, women's lacrosse, field hockey, baseball, basketball, hockey, paintball and skiing. The protection on the player's position or type of sport.

Juvenile Arthritis Awareness Month

http://www.arthritis.org/about-arthritis/types/juvenile-arthritis/?utm_source=google&utm_medium=cpc

Did you know that over 300,000 children have been diagnosed with Juvenile Arthritis?

It is one of the most common chronic illnesses affecting children, but the diagnosis is often missed. Joint pain, stiffness and swelling are the most common symptoms of JA, but early medical treatment can prevent serious damage to a child's joints. During July, get to know the signs and symptoms of juvenile

arthritis and understand that there is currently no cure. However there are new treatments that moderate and stop the progression of juvenile arthritis. This can prevent disability later on in life.

Park and Recreation Month-Get Your Play On

The National Recreation and Park Association is issuing a challenge this month. This July, you should get outside and "discover the power of play and adventure". The National Recreation and Park Association is on twitter at [@NRPA_news](https://twitter.com/NRPA_news) and instagram at nrpa. They are only at <http://www.nrpa.org/july/>. Get out there and help celebrate 30 years of Park and Recreation month. ***While you're at it don't forget and stop by D&H for the insect repellent and sunscreen!***



World Hepatitis Day (July 28th)

<http://www.worldhepatitisday.org/en/2017-campaign>

Viral hepatitis is one of the world's greatest health threats and affects over 500 million people worldwide.

Hepatitis refers to liver inflammation that is often caused by viral infection. There are five different types of Hepatitis virus (A, B, C, D & E) but only B, C and D can become chronic, leading to long-term damage to the liver. Chronic hepatitis is also the leading cause of liver cancer.

The Most common routes of transmission for hepatitis B or C viruses are the following:

<http://www.worldhepatitisalliance.org/what-viral-hepatitis-0>

- Blood transfusions and blood products using unscreened blood (in most developed countries blood has been screened since about 1990)
- Medical or dental interventions without adequate sterilization of equipment
- Mother to infant during childbirth
- Sharing equipment for injecting drugs
- Sharing straws, notes etc. for snorting cocaine
- Sharing razors, toothbrushes or other household articles
- Tattooing and body piercing if done using unsterilized equipment

If you suspect that you or someone that you know has contracted viral hepatitis, see a doctor. For prevention of hepatitis B, you will want consult a physician about receiving a vaccination.

Summer Scarves & Ponchos 20% Off Taken at Register



July Holidays & Unique Days

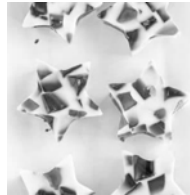
- July 1-Canada Day
- July 4-Independence Day
- July 14-Bastille Day
- July 22-Hammock Day
- July 24-Amelia Earhart Day
- July 28-World Hepatitis Day
- July 29-Nat'l. Lasagna Day
- July 30-Father-in-Law Day

July Recipe-Red, White & Blue Stained Glass

Jello Stars- <https://www.browneyedbaker.com/stained-glass-jello/print/>

Ingredients

- 2 (3-ounce) boxes strawberry Jello
- 2 (3-ounce) boxes berry blue Jello
- 1 (14-ounce) can sweetened condensed milk
- 2 envelopes unflavored gelatin
- 5½ cups boiling water, divided
- ½ cup cold water



DIRECTIONS:

1. Line four loaf pans or other small pans with plastic wrap. In four separate bowls, dissolve one box of Jello in 1 cup of boiling water. Stir for 2 full minutes, until it is completely dissolved, then allow to cool to room temperature. Pour each into the prepared pans and chill at least 3 hours, or overnight.
2. Turn the chilled Jello out onto a cutting board and slice into ½-inch blocks.
3. Add the blocks to a jelly roll pan or 9x13-inch pan that has been lined with plastic wrap. Gently spread the blocks so they are in an even layer and the colors are evenly mixed.
4. In a separate large bowl, sprinkle 2 envelopes of unflavored gelatin into ½ cup cold water and allow to sit for 5 minutes. After the gelatin blooms (it will look mostly dissolved and get wrinkly on the surface), add 1½ cups boiling water and stir to dissolve. Add the can of condensed milk and stir to combine; set aside to cool to room temperature. Pour the cooled milk mixture over the red and blue Jello blocks in the pan. Chill overnight, or at least 3 hours until firm.
5. Cut into blocks or shapes and serve.

RECIPE NOTES:

- I lined my pans with plastic wrap so that I could easily lift the Jello out of the pan and turn it onto a cutting board to slice; you could spray your pans with non-stick cooking spray if you'd prefer.
- Use any size pan you would like for the red and blue colors, but I've found the smaller, the better. If your pan is too big (I've done 8-inch squares in the past), the blocks come out looking pretty flat.
- I have found that using a jelly roll pan is the perfect thickness if you're planning to cut shapes. If you are simply cutting into blocks, a 9x13-inch pan will give you thicker blocks and would work just fine.

Franklin Eyewear Sunglasses & Readers 15% off Taken at Register



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July Specials

		Reg. Price	Sale Price
Refresh	Optive Eye Drops .5 fl. oz.	\$13.69	\$12.99
THERMOTABS	Salt Supplement 100 tablets	\$7.49	\$6.99
PreserVision Eye Vitamin & Mineral Supplement	Areds Lutein 120 soft gels	\$28.99	\$27.99
K-i-d-s Relief	Pain & Fever .85 fl. oz.	\$6.89	\$6.49
ICYHOT	Smart Relief Knee & Shoulder TENS Therapy	\$33.69	\$32.59

Broadway turned 61 years old on June 25, 2017.

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