



The Volunteer's Voice

Julia's Jabber

The fourth of July is approaching soon. I am going to take my baby (Brownie) out to the park and enjoy the air. Why don't you take part in a family picnic and breathe in some fresh air on the fourth. After all we don't know how much longer we will be able to benefit from the "green" environment.

In the "good old days" there were no such worries. There were about 8,000 cars in the United States, only 10 miles of pavement, few spray cans to destroy the ozone layer. Everyone ate natural foods. The air was relatively unpolluted, and the ground was free from aluminum cans. There were no sugar substitutes and artificial coloring. We had no atomic waste or PCBs, and our average life expectancy was 47 years. The year was 1900.

Today we are not taking care of the environment quite like we should. Although we have been able to increase the life expectancy to more than 75 years now, we still need some other improvements. HHMMMMM..... if only things could go back to the condition our founding fathers were living in.

You Should Know

The summer weather welcomes new forms of outdoor activities. Resuming an old running schedule may take place or one may decide to take up outside yoga in the park.

It is important that one stays protected and hydrated while being in the sun whether it be during exercise or even just while at the beach. Sun protection is one thing "Miamians" forget to use. It prevents premature aging and skin cancer for only four dollars, why wouldn't you use it?

Drinking liquids keeps you cool from the summer sun, but yet people do not drink enough and therefore numerous cases of fainting occur in the summer because of this lack of hydration. Not only should one remember to drink plenty of liquids during summer exercise, but also to remember to stretch. Warm up and cool down stretches are necessary for your body. It helps to prevent muscle sores and tears during and after the workout. A great summer exercise is swimming. The cool water refreshes your body from the heat and it provides for a feel-good workout.

Walking is also another great exercise. Walking can add years to your life and life to your years. And it couldn't be easier. You don't need to join a health club, wear special equipment or go into training to reap the rewards.

***The conditioner:** Walking conditions your heart and lungs and improves your body's ability to use oxygen more efficiently. **Fact:** In one study, women who walked briskly (3-4 mph) at least three hours a week cut their risk of heart attack and stroke by more than half.

***The Protector:** Walking helps beat other health problems too. It reduces your risk of some forms of cancer and osteoporosis. It fights the battle of the bulge, reducing body fat and building muscle. Walking can even help people with diabetes reduce or eliminate their need for medication.

***The Joint-Saver:** Walking can burn about as many calories per mile as jogging does. But it delivers less of the jolt, so it's much easier on your joints and muscles.

***The De-Stressor:** Walking is easy on your mind too, since it lessens stress and lightens depression. Beginning walkers usually report that they feel and sleep better, and that their mental outlook improves.



Reminders of Annual Volunteer Updates

Volunteers whose names appear below, please see Julia for proper forms, etc. to update your records.
THANKS!

- Emilio Cruz-Ledom
- Claudia Rodriguez
- Olga Saizarbitoria
- Josie Zomerfeld



NOTABLE DATES AND CELEBRATIONS

HAPPY BIRTHDAY

- Caroline Mencio 7-04
- Maria Cauley 7-07
- Danny Diaz 7-09
- Cristina Suarez 7-13
- Virginia Contijoch 7-13
- Carmelita Buning 7-17
- Lilliam Arguelles 7-19
- Elicedia Perez 7-30



“For all the advances in medicine, there is still no cure for the common birthday.”
- John Glenn



As this publication goes to press... Happy Birthday to U.....U.S.A.



The *Fourth of July* is one of the most celebrated holidays in the USA! Some other countries even join in on the Birthday celebration! Make sure you celebrate in the tradition with family, friends, and food! The Good Ol' American way....”Hot Dog!” 12,111

Summer is in full swing here at the hospital. numerous volunteers, young and older scurrying around the halls and offices. It’s great to be a part of something so helpful but fun at the same time.

THINGS WE DON'T WANT YOU TO MISS

There are numerous 4th of July celebrations going on around town, there has got to be one to fit your fancy! Or make your own party. that's always fun. But somewhere you are bound to see some fireworks if you just turn your eyes to the sky after dark. With this weather pattern you may see God’s fireworks, thunder and lightning! That’s something spectacular.....

Here is a easy recipe that can be prepared for a picnic or family gathering.

SUMMER TOMATO SALAD

Ingredients

- 1 pint cherry tomatoes, halved
- 1 pint yellow pear tomatoes, halved
- 1/4 cup chopped green onions
- 1 clove garlic, minced
- 1/4 cup chopped fresh basil
- 1/4 cup chopped cilantro
- freshly ground black pepper to taste
- Ground red pepper to taste
- Salt to taste

Directions

In a bowl, toss the cherry tomatoes, yellow pear tomatoes, green onions, garlic, basil, cilantro, black pepper, red pepper, and salt. Refrigerate 30 minutes and toss again before serving.



DOCTOR'S CONUNDRUM

Write down the number eleven thousand, eleven hundred, and eleven. Are you correct? Ask someone else?