“OUR GREATEST WEAKNESS LIES IN GIVING UP. THE MOST CERTAIN WAY TO SUCCEED IS ALWAYS TRY JUST ONE MORE TIME.”

~THOMAS EDISON

July Observances and Events:

Men’s Health Month
Firework Safety Awareness
UV Safety Month

July 1 – Canada Day
July 4 – Independence Day (no classes)
July 10 – Last day to add summer classes
July 17 – Bladder Cancer Awareness Day
July 23 – Vanilla Ice Cream Day
July 28 – World Hepatitis Day

APPLE NACHOS

Ingredients
1/3 c. dried, unsweetened cranberries or raisins
1/4 c. sliced almonds, unsalted
2 Tbsp. hulled, unsalted sunflower seeds
3 medium apples (red or green), cored and thinly sliced (about 12 pieces per apple)
1 to 2 tsp. lemon juice
2 Tbsp. hot water (extra if needed)
1/4 c. reduced-fat, smooth peanut butter
1 Tbsp. honey

Directions
In a small bowl, combine dried cranberries/raisins, almonds and sunflower seeds. Core each apple and thinly slice into about 12 pieces each. Layer half of the apples onto a large plate or platter. If the apple slices will be sitting out for a while, sprinkle with lemon juice to prevent browning. Using a microwave oven or teapot, bring 2 tablespoons of water to a boil. In a small bowl, combine hot water, peanut butter and honey. Use a spoon and stir until mixture is smooth. Use a spoon to drizzle the peanut butter mixture over the plated apple slices; sprinkle with half the cranberry mixture. Layer the remaining apples on top and repeat with remaining peanut butter and cranberry mixture. Serve and enjoy!

STAYING FIT DURING THE SUMMER MONTHS

- Stay properly hydrated
- Go swimming, hiking, or biking
- Incorporate outdoor workouts into your schedule
- Workout in the morning to avoid harmful effects of the sun

HAPPY FOURTH OF JULY

#WORLDHEPATITISDAY ~400 million people are infected with chronic viral hepatitis worldwide

For more health and wellness information visit: www.ndsu.edu/studenthealthservice