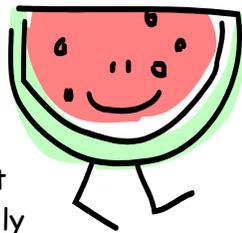


With summer time upon us, fresh fruits and vegetables are always a refreshing treat. In order to assure you are getting the freshest and most tasty produce, follow these tips.

- ✧ Trust your senses - choose fruits and veggies that are not bruised, shriveled, moldy, or slimy
- ✧ In general, produce that feels too soft is too ripe; if it's too hard, it may not be ripe enough
- ✧ Don't buy anything that smells bad - with fruits like peaches and melons, a characteristic scent means they're ripening nicely
- ✧ Ask for help - the produce manager can help you choose an item that may not be familiar
- ✧ Ask for a taste, for handling/storing information, or for a recipe card
- ✧ Buy produce that is in season - summer is ripe with apricots, blueberries, cherries, green beans, peppers, melon, peaches, plums, sweet corn, tomatoes, zucchini
- ✧ Locally grown fruits and vegetables may be fresher and tastier than those shipped long distances
- ✧ Handle your fruits and veggies gently
- ✧ Buy only what you need or can use within a few days
- ✧ Wash your produce just before eating, (especially melons before cutting them) in clean drinking water-scrubbing with a brush if necessary



Restless legs syndrome (RLS) is a condition in which your legs feel extremely uncomfortable while sitting or lying down. The condition causes the person to feel as though they need to move, which in turn can disrupt sleep and makes traveling very difficult. People describe the unpleasant feelings as jittery, tingling, burning, crawling, and/or aching legs. The condition is not usually described as muscle cramps or numbness. Some common links between the signs and symptoms include:

- ✧ onset of symptoms during inactivity
- ✧ relief with movement
- ✧ symptoms worsen in evening hours
- ✧ nighttime leg twitches

Because the symptoms often increase at night, RLS causes difficulty sleeping or staying asleep.

_____ In most cases, there is no known cause of RLS. Because of this, it is often difficult to diagnose the condition. Stress and hormonal changes can also increase or worsen the symptoms. So, if you think you might suffer from RLS, it is important to thoroughly describe your symptoms.

Treatment can also be difficult.

Underlying causes, such as iron deficiency or peripheral neuropathy, can be treated with medication. If RLS is not associated with any other condition, lifestyle modification is the primary treatment. Some suggestions if you think you might suffer from RLS:

- ✧ Take over the counter pain relievers
- ✧ Try bathes and massages
- ✧ Use warm and/or cold packs
- ✧ Exercise
- ✧ Try relaxation technique - i.e. yoga
- ✧ Avoid caffeine
- ✧ Cut back on alcohol and tobacco_____

Most importantly consult a physician if you are experiencing signs and/or symptoms.