Summer is here at its fullest and with Independence Day coming soon, there is no better way to enjoy these mid-summer evenings than having friends and family over for a feast from the grill and cold drinks from the cooler. However, throwing a barbecue does not necessarily mean neglecting health and fitness goals. Here is a list of tips that can make your cookout leaner, greener, and healthier!

1. Use Veggies
Take some of the focus off meats. Mushrooms, carrots, squash, and peppers can make exceptional side dishes that pair amazingly well with grilled meats. Simply brush the vegetables with some oil to keep them from drying out and then throw them on the grill. Including vegetables to your barbecue is an excellent way to add some color to your plate.

2. Cook Meat Safely
Cooked over high heat, fat that drips onto the heating element forms potentially cancer-causing chemicals that are deposited on the meat by the rising smoke. Reducing the risks from the smoke can be achieved by picking low-fat cuts and trimming excess visible fat. Wrap meat in foil to protect it from the smoke and don’t place the meat directly over the heat source (push the coals to the sides of the grill once they are hot). Aluminum foil can be placed over the coals to catch any dripping fat.

3. Exercise the Three-Quarter Rule
Three-quarters is how vegetables, grains, and legumes and fruits should occupy your plate. That leaves one-fourth for meats and fish. This represents the ideal balance from the MyPlate program by the USDA. The proportions are designed to ensure proper nutrient intake and portion control.

4. Keep Bacteria Away
In between rounds, wash all grill equipment, especially ones that come in contact with raw meats. In hot weather, food should not sit outside for more than an hour before going into the refrigerator for storage.

5. Choose Drinks Carefully
When possible, choose real juices or seltzer over fruit juice beverages and sodas. Manufactured fruit juices typically contain little actual fruit juice and a whole lot of added sugars. Alcohol brings a lot of extra "empty" calories as well. Non-alcoholic wines contain less than 0.5% alcohol and can provide that same wine cooler taste while light beers have substantially fewer calories than regular beers.

6. Desserts Can Be Healthy Too
Fruits make for great alternatives to traditional desserts. Most frozen fruit-juice pops, sorbets, and ice cream contain very little actual fruit and are packed full of added sugars and fats. Pineapples and mangos can be served on the grill and smoothies can be made at home with whole natural fruits and low fat yogurt.

Source: http://www.berkeleywellness.com/healthy-eating/food/slideshow/13-tips-healthier-barbecue
Educational Corner: Improving Social Wellness

Social wellness can be defined as one’s ability to interact with the people around them. This involves having a strong support system, creating healthy relationships, and respecting yourself and others. Maintaining good social wellness can improve mood, enhance self-esteem, and help you handle stressful situations better. Here are four strategies that can help improve your own social wellness!

1. **Build Healthy Relationships**
Not exclusive to romantic relationships, good communication, flexibility, realistic expectations, empathy, and self-respect are all hallmark characteristics of a healthy relationships. Communication involves the willingness to listen to one another. Respecting oneself is an often overlooked quality of relationships. You have needs too and having self-respect includes being honest with your feelings and opinions.

2. **Community Involvement**
Find a social group that helps foster your interests and your personal growth. Whether it be a sports club, a local spiritual/religious community, or a non-profit, getting involved with a community of other people can help you create new relationships while also exploring other interests.

3. **Interdependency**
No man is an island. Having independence and being your own self is an attractive personal trait in Western cultures. However, we all need support from each other from time to time. Building interdependency involves being willing to help others as well as not being afraid to ask for help.

4. **Accept Diversity**
Going beyond just race and ethnicity, accepting diversity means to be aware of your biases and prejudices. Accepting others around you may help you learn something new about someone else and can help you be more open to new ideas.

Source: http://wellness.ucr.edu/SocialWellness

Healthy Cooking: Fish Tacos with Lime Guacamole and Cole Slaw

**Ingredients:**
- 2 avocados
- ¼ cup low-fat sour cream or Greek yogurt
- 1 small jalapeño
- 2 tbsp. minced red onion
- 2 tbsp. Chopped cilantro
- 5 tbsp. fresh lime juice
- 1 small head of napa cabbage
- 2 tbsp. vegetable oil
- 2 lb. thick red snapper fillets with skin
- 10 flour tortillas
- 2 medium tomatoes
- Hot sauce
- Lime wedges
- Kosher salt and ground pepper

**Method:**
1. Light a grill. In a bowl, mash the avocados, sour cream, jalapeño, red onion, cilantro, and 3 tbsp. of lime juice. Season the guacamole with salt and pepper and press a piece of plastic wrap directly onto the surface of the guacamole.
2. In another bowl, toss the cabbage with 2 tbsp. of vegetable oil and 2 tbsp. of lime juice. Season with salt and pepper.
3. Brush the fish with oil and season with salt and pepper. Grill over moderately high heat until lightly charred and cooked through, about 10 minutes. Transfer the fish to a platter and pull off the skin.
4. To assemble each taco, spread a dollop of guacamole on a tortilla. Top with a piece of fish, a few tomato slices, and a large spoonful of the cabbage slaw. Serve with the hot sauce and lime wedges.

**In The Heights at the November Theatre**

Nothing good on TV? The Tony-winning Best Musical, *In The Heights*, is coming to Richmond! Lin-Manuel Miranda, creator of the current smash hit *Hamilton*, brings New York City’s Washington Heights to life in his first groundbreaking work. With spirited characters, pulsing choreography, and an award winning Latin-hip-hop-infused score, *In the Heights* won 4 Tony Awards in 2008, including Best Musical, and was nominated for the Pulitzer Prize for Drama in 2009. The show will run from June 23—July 30, 2017 at the November Theatre.


**Fourth of July at Lewis Ginter Botanical Garden**

Fun for the family and with friends, Lewis Ginter Botanical Garden will be hosting a free Fourth of July celebration! Sponsored by CarMax, this event will feature Wild Art: A Journey Off-Canvas, live music, parade, activities and much more! Wear red, white and blue & bring your wagons and strollers to decorate for a parade in the Children’s Garden. Children can also cool off in WaterPlay.

Rain or shine, admission is free for this event.

Source: http://www.lewisginter.org/event/carmax-free-fourth-of-july/
Carytown is always buzzing with its plethora of restaurants and boutique shops. If you have passed through the historic retail district and wondered about eating out there, this may be the perfect opportunity!

River City Food Tour is hosting a weekly food and history tour of Carytown. Learn about how this busy shopping district came to be while you sample delicious food and snacks from 5-6 different restaurants, cafes, and shops. The tour starts at 2pm every Saturday and the price of admission is $55.

Source: https://www.rivercityfoodtours.com/tours/carytown-food-tour/

Karen’s Korner, Karen Hensley, UR Dietician: Summer Fruit and Vegetables

Summer time is a great time for fresh fruits and vegetables. This is the time that you can plant tomatoes, green beans, squash, or peppers in a garden, go to a local farm to pick strawberries, blueberries, peaches, and cherries, or go to a farmer’s market. Below are some summer fruits and vegetables that you want to make sure you incorporate into your diet.

**FRUIT**

Peaches: A sweet and juicy summer staple, peaches are rich in vitamin A, which supports eye, immune and skin health.

Watermelon: A very popular barbecue fruit that is water-rich and will help keep you hydrated all summer long.

Berries: Cherries, strawberries, blueberries- summer berries come in a variety of colors and offer many health benefits. Cherries are rich in potassium, strawberries and blueberries are full of vitamin C and are rich in antioxidants.

**VEGETABLES**

Green Beans: A good source of vitamin A and antioxidants, which neutralize harmful free radicals.

Zucchini: One of the many summer squashes, zucchini can be prepared many different ways- raw, baked in the oven, sautéed, and even fried. Zucchini is a good source of vitamin A, vitamin C, and potassium.

Tomatoes: With all the different varieties, you are bound to find one that suits your needs. Tomatoes are a good source of lycopene, which is an antioxidant and help to reduce the risk of cancer.