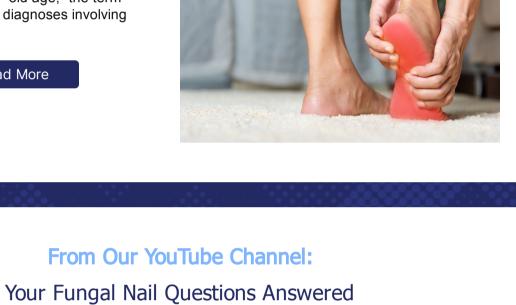


May is Arthritis Awareness Month. It's estimated that nearly 91 million Americans

associate arthritis with "old age," the term covers more than 100 diagnoses involving joint pain and disease Click Here to Read More

suffer from arthritis. While many people



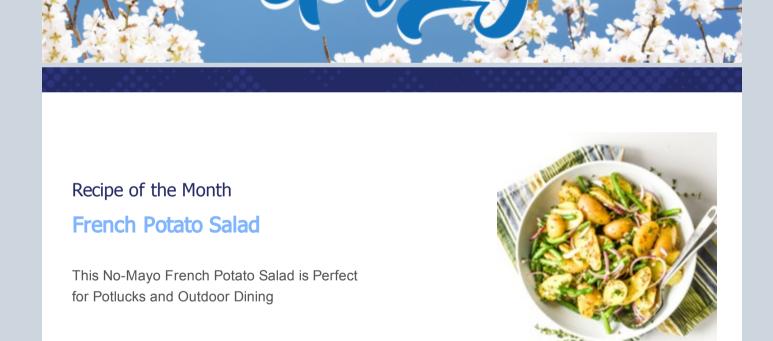




ound Care







2 lbs small fingerling potatoes (use another new or baby potato if you like)

Dressing • 1/4 cup extra virgin olive oil • 3 Tbsp grainy Dijon mustard

Ingredients:

- · Pinch of salt to taste Salad Salt
 - 1/3 1/2 lb green beans, trimmed and cut in half 1/2 cup finely chopped fresh parsley • 2 tsp fresh thyme leaves, or more to taste

1/4 red onion, slivered

Freshly cracked black pepper to taste

 2 Tbsp Sherry vinegar • 1 shallot, finely minced

• 2 cloves garlic, minced very fine

Instructions For The Dressing

flavors this way.

adjust any of the elements to your liking. For The Salad

 Put the potatoes in a large pot and cover them with 2 inches of cold water. Add a tablespoon of salt to the water. Bring to a boil, turn down the heat, and boil gently until the potatoes are tender. To check them, insert the tip of a sharp knife into a potato ~ it should glide in easily. Add the **green beans** to the pot and cook for another minute or two.

• When the potatoes have cooled, toss them with the **herbs** and **onions**. Add more dressing at this time if needed. Chill the salad before serving it with a grinding of fresh black pepper. Recipe and photo courtesy of *The View from Great Island*

• Drain the potatoes and beans. While they are hot, slice the potatoes in half lengthwise. If

the **dressing** while everything is still hot. The potatoes will absorb the dressing and its

your potatoes are large, you can slice them into smaller pieces.

Put the potatoes and beans into a large bowl and toss gently with some of

• Whisk all the ingredients together vigorously until they emulsify into a thick dressing. Taste to

May Fun Facts · Cinco de Mayo is a yearly celebration held on May 5th, commemorating the anniversary of Mexico's victory over the Second French Empire at the Battle of Puebla during the Franco-Mexican War.

obtained a patent for the pants on May 20.

The Empire State Building opened on May 1st, 1931.

• On May 20th, 1932, Amelia Earhart flew across the Atlantic Ocean, marking the first solo flight by a woman. Mother's Day in the U.S. was established on May 12th, 1907, to honor mothers and the sacrifices they made for their children. In 1914, President Woodrow Wilson officially proclaimed the 2nd Sunday in May as Mother's Day.

have died while serving in the military. It was formerly known as Decoration Day.

Memorial Day is observed on the last Monday of May to honor the men and women who

Blue jeans were officially invented in May of 1873 after Levi Strauss and Jacob Davis

May Special Days Trivia Mark Your Calendar! May 5th How old is the Kentucky Derby?

Kentucky Derby

Armed Forces Day May 29th Memorial Day

Cinco de Mayo May 6th

May 14th Mother's Day

May 20th

D. 101 Years Old

Answer: B

A. 153 Years Old

B. 147 Years Old

C. 75 Years Old

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