



From Left To Right: Top Row: Jenny Leeds, Allison Shofe, Stephanie Mayew, Sarah Starling, Erica Murphy, Robin Varney, Wendy Southerland, & Kate Martin. Bottom Row: Brittany Perkins & Lorraine Kerr.

## The Crowd Goes Wild!

Thank you to everyone who came out and supported our Frank Institute team of fantastic women during May's Wilma Dash, downtown Wilmington, NC.

The Girls representing the Frank Institute Team did a fantastic job as they all finished within the top 58 out of almost 1,000 runners!

Congratulations to:

- Allison Shofe, 24:20 (7:51/mile)
- Lorraine Kerr, 24:26, (7:53/mile)
- Robin Varney, 3rd place in age group, 24:39, (7:57/mile)
- Wendy Sutherland, 25:37 (8:16/mile)
- Jenny Leeds, 26:13 (8:27/mile)
- Brittany Perkins 3rd overall woman, 20:09 (6:30/mile)
- Kate Martin, 22:48 (7:21/mile)
- Sarah Starling, 23:08 (7:28/mile)
- Stephanie Mayew, 24:04 (7:46/mile)
- Erica Murphy, 3rd place in age group, 24:11 (7:48/mile)

- Allison Shofe, 24:20 (7:51/mile)
- Lorraine Kerr, 24:26, (7:53/mile)
- Robin Varney, 3rd place in age group, 24:39, (7:57/mile)
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**\$20 &  
only 30  
minutes**

**to feed a family  
of 4 in a healthy  
manner.**

## June Recipe of the Month Refreshing Grilled Fish Tacos

Item	Cost
1# Tilapia or your favorite light fish	\$4.99
1/4 Tsp. Paprika	\$0.39
1 avocado (diced)	\$0.99
1 onion (diced)	\$0.49
1 Red or Green Pepper (diced)	\$0.99
1 tsp. garlic (minced)	\$0.39
1 mango (diced)	\$0.99
1 C. red cabbage (sliced)	\$1.59
1/4 C. Fresh Cilantro (chopped)	\$0.99
2 Roma Tomatoes (diced)	\$0.89
4-8 Whole Wheat Tortillas	\$2.99
1 Pinch of Salt & Pepper	\$0.19
1 Tbsp. Extra Virgin Olive Oil	\$0.49
Total Cost for Dinner - Serves 4	\$16.37

### Cooking Instructions:

Use a NON STICK sauté pan that is oven safe and over medium-high heat, heat the olive oil until hot. Sauté the garlic, onions, and peppers until they are soft and fragrant.

Reduce the heat to medium low and add the Tilapia to the pan. Sprinkle the fish with the paprika and salt & pepper! Carefully flip the fish over after 3-4 minutes. Reduce the heat to low and cover with a lid while the second side cooks for another 3-4 minutes.

While fish is cooking prepare taco toppings! Turn oven broiler on and display tortillas on a cookie sheet. Put cookie sheet in oven to warm/ toast the tortillas prior to filling the tacos! (About 2 minutes).

Flake fish apart with a fork. Assemble your tacos: start with a warm tortilla on your plate, add some fish, the sautéed onions and peppers, cabbage, avocado, mango, tomatoes, and garnish with fresh cilantro. Add hot sauce as needed. ENJOY!



Check back frequently for [updated recipes](#) and ideas to make your family. Easy, affordable, and hassle-free, 3 of my favorite words!YUM!

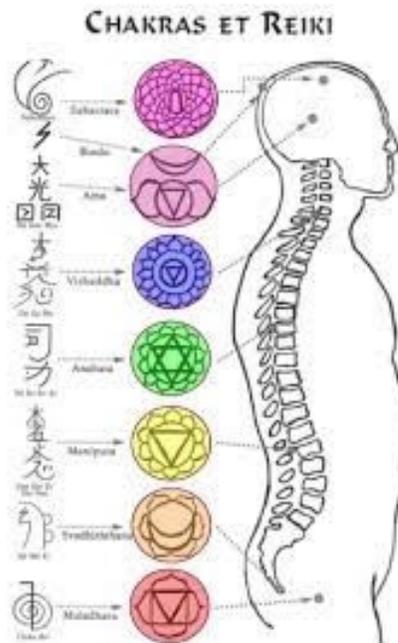
# Understanding the Benefits of Reiki:

Do you desire more peace, ease, and comfort in areas of your life? We often think the solution is complicated, but it doesn't have to be. Feeling better requires a holistic approach. I have received deep healing through Reiki, as well as witnessed deep healing of others I have practiced on. Reiki has no negative side effects and promotes a sense of well-being and serenity. Reiki does not require you to believe in it, and it does not require you to be religious or spiritual. What is Reiki and how can it help you?

Reiki is a subtle vibrational healing practice that gently promotes balance in body, mind, and spirit. Repeated Reiki treatment strengthens that balance, and as balance is restored to the system, many symptoms resolve.

Reiki Treatment or training helps balance out your systems and improves conditions such as:

- Cancer
- Heart Disease
- Anxiety
- Depression
- Chronic Pain
- Infertility
- Neurodegenerative Disorders
- ADD/ADHD
- Autism/Developmental Delays
- HIV/AIDS
- Crohn's Disease
- Irritable Bowel Syndrome
- Traumatic Brain Injury
- Emotional Illness, including mild psychosis
- Fatigue Syndromes
- End-of-life Care and Bereavement



Reiki may assist in any other treatments you are receiving. Of course Reiki is not all you will ever need but it's a great place to start regaining and protecting your well-being.

Visit Sarah Walter at the [Frank Institute](#) for your Reiki appointment today, or reach out to her for further questions and concerns.

Contact Info:  
Sarah Walter (Reiki Master)  
Sarahwalter.org  
[sarahwalter0127@gmail.com](mailto:sarahwalter0127@gmail.com)  
(910) 431-1717

## Thoughts From DR. FRANK..

"Find a way to relax your nerves whether it is through reiki therapy or any type of meditation for that matter."

"Reiki is a simple, non-invasive, holistic approach to a healthy lifestyle and overall well being."

"Try Reiki therapy as it is an excellent way to heal your body from an physical, mental, and even emotional standpoint."

