

WELLNESS FOR LIFE



AUGUST 2025 BUSINESS BUZZ

NATIONAL BACK TO SCHOOL MONTH

If the “summer-ending-and-school-starting” ritual makes you anxious, then participate in Back to School Month this August — an event that helps parents, students, and teachers prepare for the new academic year. Celebrated since the 1960s, Back to School Month will motivate you to start your back-to-school shopping and get you excited overall. So put away the beach bag and pick up the backpack, because it’s time for Back to School Month events —and we want you to get an “A” for participation.

BACK TO SCHOOL HISTORICAL TIMELINE

1635: The first school is founded. Boston Latin School opened its doors, becoming the first public school in the colonies.

1936: Higher education began. Clergyman John Harvard founded his namesake Ivy League school in Cambridge, MA.

1639: Tax dollars support a North American school. The Mather School, founded in Dorchester, MA, became the first public school in North America supported by tax dollars.

1727: The first school for girls opened. Ursuline Academy, a Catholic school in New Orleans established by the Sister of the Order of Saint Ursula, became the first school to open exclusively for girls.

1918: Elementary school became a requirement. This was the first year that all 50 states required students to complete their elementary schooling.

ORANGE CHICKEN

Try this healthier orange chicken recipe that has less sugar and isn’t deep fried!

1/3 cup freshly-squeezed orange juice
1/4 cup reduced sodium chicken broth
2 tbsp soy sauce, Tamari for gluten-free
2 tbsp white or brown sugar, or sugar substitute
1 tbsp Chinese rice wine
1 tbsp sriracha, or more to taste
1 tbsp rice vinegar
1/4 teaspoon white pepper
2 teaspoons corn starch
20 oz skinless, boneless chicken breast, cut into small cubes
kosher salt, to taste
1 1/2 tbsp corn starch
1 tbsp sesame oil

4 cloves minced garlic
1- inch grated ginger
1 teaspoon grated orange zest
2 tbsp chopped scallions
1/2 tsp sesame seeds, for garnish

Mix the orange sauce ingredients and set aside. Season the chicken lightly with salt and coat evenly with corn starch, set aside. Heat a wok on high heat, add 1 teaspoon of sesame oil and add half of the chicken. Cook 2 to 3 minutes on each side until well browned, set aside. Add 1 teaspoon of oil and chicken and repeat cooking 2 to 3 minutes on each side. Set aside with the rest of the chicken. Add remaining teaspoon of oil and quickly stir-fry the minced garlic and ginger until fragrant, about 1 minute. Add the orange zest then return the chicken to the pan. Quickly stir the chicken then add the orange sauce and cook until the sauce thickens, about 1 to 2 minutes. Divide between 4 plates and garnish with the scallion and sesame seeds.

UPCOMING EVENTS

August 10

SFAC Closes at 5:00p
Doggie Dip 5:00-7:00p

August 15

Strong Community Campaign Golf Outing at Spencer Municipal Golf Course.

August 18

Fall I programming begins.

