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Spring Special

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Mon. - Fri., 11:00am - 7:00pm • Sat. - Sun., 11:00am - 5:00pm

Wednesday Special: 3 Wings \$2.00

Friday Special: Rib Sandwich, Beef or Pork, \$4.00

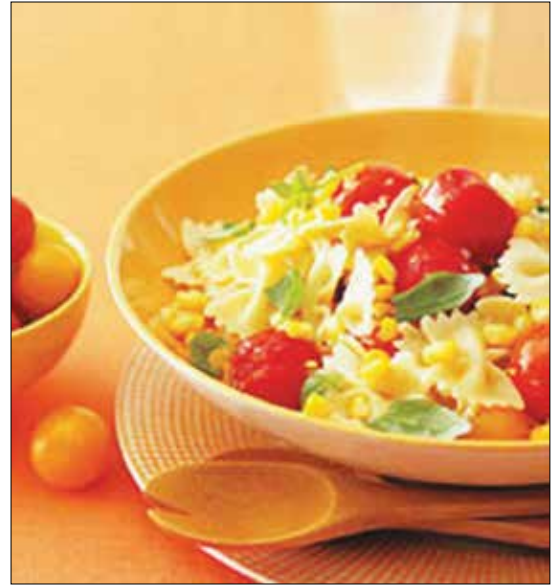
Summer Corn and Tomato Pasta

ingredients

- Salt
- 1 pound bow-tie pasta
- 2 tablespoons extra-virgin olive oil
- 2 garlic cloves, smashed
- 1 pint cherry tomatoes
- 3 ears fresh corn, kernels cut off
- 2 tablespoons unsalted butter
- 1/4 cup fresh basil leaves, torn into pieces

directions

1. Bring a large pot of salted water to a boil and cook the pasta until al dente; drain.
2. Meanwhile, in a large skillet, heat the olive oil over medium heat. Add the garlic and tomatoes and cook, stirring occasionally, until the tomatoes are softened, about 5 minutes. Stir in the corn, raise the heat slightly and cook until the corn is heated through and golden, about 5 minutes. Season to taste with salt.



3. Add the vegetables, butter and basil to the pasta and toss.

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WILLIS JENKINS, PTA

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NORTH LAKE Physical Therapy and Rehabilitation



Willis received his Physical Therapist Assistant degree in June 2003 from Mt. Hood Community College. His undergraduate degree is from Oregon State University where he played football and earned a B.S. in Psychology in 1999. In February 2012 he became certified in Kinesio Taping in Atlanta, Ga. He worked at Reid and Yates since June 2012 and joined the North Lake team in 2014 when the clinics merged.

His approach is treating the body as a whole to improve functional dynamic stability. As an active athlete, he has special interest in running mechanics, plyometrics, balance and agility training for injury prevention/return to sport. He is currently a member of USA Masters Track and Field. In his spare time he enjoys training, skateboarding, and designing clothes. His passion for helping patients improve their quality of life and return to sport with better knowledge of biomechanics is where he finds his strengths with physical therapy.

www.northlakephysicaltherapy.com

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