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### Find Us



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### Back to School—Remotely

Across the country, the new school year is going to look very different this year. With safety concerns about COVID 19, distance learning is most likely going to be a component of many school districts back to school plans. Whether your child will be participating in remote learning full time or part time, there are ways that you can help make the experience more productive. Below are some tips for helping your child get the most out of distance learning.



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## History FootNote

Speaking of shoe sizes...did you know shoe sizes were originally measured in barleycorns? This unit of measurement originated in the United Kingdom during the 14th century and is still being used around the world today. Based on the length of a grain of barley, each shoe size adds a third of inch, corresponding to the fact that there are three barleycorns in an inch.

## Foot Funnies



Why did they call the new dance “The Elevator”? It has no steps.

- **Beef Up Your Internet Connections**—You’ll want to be sure that you have a reliable and fast internet connection. With the potential for multiple people in your home needing to be online for school and work, you’ll greatly reduce the frustration level if everyone has adequate bandwidth. Conduct some trial runs before the school year starts. If your system is glitching, consider upgrading to a faster plan and/or purchasing a better router.
- **Create a Dedicated Learning Space**—One of the difficulties in remote learning is helping children get into school mode at home. It’s best to create a specific place in your home where learning will take place. A desk should be set up in a spot that is quiet and far enough away from other children or parents who are working from home. The desk should hold everything necessary for lessons and used expressly for school purposes. This will facilitate developing a routine and a unique place to go when it’s time for school.
- **Purchase All Necessary Supplies**—The school supply list will also look different this year. Find out what teachers expect your children to have. Most likely, a quality laptop or desktop computer with camera and microphone will be essential. Discuss with your child and his or her teachers how work will be done and submitted. Is it an option, for example, for your child to handwrite their homework? If so, you’ll want to add a scanner to your list. Don’t forget that some standard supplies like notecards, paper and a calculator will most likely still be needed.
- **Establish Lines of Communication**—There will be a learning curve for both teachers and children as to how to best teach and learn remotely. You’ll want to find out how teachers plan to keep parents informed of their children’s progress. Ask if it’s possible to schedule regular check-in sessions to be sure your child is on track and learning as expected.
- **Make Sure Active Time is On the Schedule**—Physical fitness is still an essential component of school whether on site or off. Your school may offer “gym” activities. If not, you’ll want to make sure that you schedule regular time for your child to engage in active play or sports. One thing that won’t change, is the need to monitor their shoe size and replace shoes when they wear out. If you notice any abnormalities in your child’s feet or how they are walking, be sure to bring it to the podiatrist’s attention.

## Take a Hike This Fall

Hiking is a great activity to enjoy as a family during autumn months. It’s also an outing that can be enjoyed safely because it’s outdoors and can be done while maintaining a safe social distance. Hiking can be hard on your feet, however, if you don’t take a few precautions. Below are 5 tips to help ensure that your family has fun on the trails without foot pain.



## Celebrity Foot Focus

From the bound feet of female Chinese elites to Cinderella and Barbie, freakishly small feet are often celebrated as more feminine. But plenty of glamorous women both past and present have had larger than average feet, among them Jacqueline Kennedy, Oprah Winfrey, Uma Thurman, and Audrey Hepburn (size 10, 11, 11, and 10.5, respectively).

## Trivia

**We are born with arches, and our feet flatten as we grow older.**

- A True
- B. False

**Answer: B False**

Although our feet can flatten as a result of fallen arches as we age, we do not actually have arches when we are born. Babies only develop these later in life, and adults lose them by not wearing the right footwear.

1. **Wear the appropriate shoes.** As with any sport or fitness activity, one of the most important pieces of equipment is the proper footwear. Hiking is not the same as walking and regular sneakers are not going to cut it on the trails. Look for shoes specifically designed for hiking. Shoes should be sturdy, well insulated, moisture proof and have stiff soles with good treads. Get feet professionally measured to ensure the correct size.
2. **Choose the right trail.** It's important that the hike you plan matches up to your current level of fitness. If you're a beginner, start with shorter hikes that have moderate hills and well-groomed trails. Consider the length of the trail as well—halfway through a five-mile hike is the wrong time to discover that it's too long for you to accomplish.
3. **Pack for prevention.** A few items in your backpack can make the difference between an enjoyable afternoon and a hiking disaster. Have moleskin to apply to sore spots before they turn into painful blisters. Keep an ace bandage with you in case of an ankle twisting injury. A small first aid kit with bandages, antibacterial ointment and bug sting relief gel is also helpful.
4. **Keep feet dry.** Choose socks that wick moisture away from your feet. You may want to consider layering two pairs. This will increase comfort and reduce the risk of blisters and fungal infections.
5. **Get pain evaluated promptly.** If you do sustain an injury on the trail or your feet or ankles hurt after hiking, don't ignore the discomfort. Make an appointment with the podiatrist to determine if an injury or foot problem is present.

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## Video of the Month: Apple Cinnamon Quinoa Breakfast Bowls





DEAL OF THE MONTH  
SEPTEMBER 2020

*Put a little "pep" in  
your step*

**SECOND PAIR OF CUSTOM  
MADE ORTHOTICS \$250**

Must have been previously casted.

## Recipe of the Month

# Apple Cinnamon Quinoa Breakfast Bowls

Apple Cinnamon Quinoa Breakfast Bowls are the coziest way to start your morning. A great alternative to your usual bowl of oatmeal!

### INGREDIENTS:

#### Quinoa

- 1/2 cup uncooked quinoa, rinsed and drained
- 1 cup water
- Pinch of salt
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 1/8 teaspoon ground nutmeg
- 2 tablespoons maple syrup
- 2 tablespoons milk (optional)

#### Cinnamon Apples

- 1 apple peeled and diced
- 1 teaspoon melted coconut oil or butter
- 2 teaspoons maple syrup
- 1/4 teaspoon ground cinnamon

#### Yogurt

- 1/2 cup plain non-fat Greek yogurt
- 1 teaspoon maple syrup
- 1/4 teaspoon ground cinnamon

#### Other Ingredients

- Toasted chopped pecans and toasted coconut flakes

### INSTRUCTIONS:

1. In a small saucepan, bring the quinoa, salt, and water to a boil. Once boiling cover with a lid and reduce the heat to medium. Cook for 12-15 minutes or until the liquid is absorbed (drain remaining liquid if needed). Add in the cinnamon, ginger, nutmeg, maple syrup and milk. Stir together then remove from the heat and let it steam, covered for about 10 minutes.

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2. Divide the quinoa into two bowls then add the coconut oil or butter to the saucepan and heat over medium-high heat. Add in the diced apple, maple syrup and cinnamon. Stir together and cook until the apples are tender, about 5 minutes.
3. While the apples cook, whisk together the yogurt, maple syrup and cinnamon.
4. Top the bowls of quinoa with the Greek yogurt mixture, cooked apples, chopped pecans and coconut.

Recipe courtesy of RecipeRunner.com



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## Meet our Doctors



Eric Lewis, DPM



Benjamin K. Marble, DPM



Welcome Dr. Zeno Pfau



Dr. Sarah Thompson

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