



Here for Your Enjoyment Our Monthly Newsletter

Multiple Pulitzer Prize-winning authors and highly sought-after editors were tasked with creating this masterpiece of literature. Even before we sent it to you, a trophy from the National Newsletter Society of the World (NNSW) was awarded to those associated with the project amid hails of "BRAVO" and "Encore".

We here at Pueblo Ankle and Foot Care amazed ourselves at how hilarious the joke of the month is. Five-star restaurants are petitioning for the rights to the recipe of the month. Following the festivities, a hush fell over the office as our TEAM collectively pressed the "Enter" key on the computer sending this newsletter to your inbox for your reading pleasure. It truly has been an amazing experience getting this newsletter to you, and we hope you enjoy reading it as much as we enjoyed making it!

In this Issue...

- 5 Tips for Avoiding Fungal Foot Infections
- Do's and Don'ts for Protecting Your Joint Health
- From Our YouTube Channel: Your Fungal Nail Questions Answered
- Deal of the Month
- Recipe of the Month: French Potato Salad

Closer Every Day! Pueblo West Here We Come!



★★★★★ Google Review

Very nice and caring experience. I will be using them again if needed.
Peggy B.

5 Tips for Avoiding Fungal Foot Infections



As summer gets closer, there are more opportunities to kick off your shoes and go barefoot but consider the possible consequences before you do. The vast majority of foot infections, including athlete's foot, toenail fungus, and warts, are transmitted by direct contact. That means walking barefoot will greatly increase your chances of getting one of these annoying—and sometimes challenging to get rid of—infections. Below are 5 ways to protect your feet.

[Click Here to Read More](#)

Do's and Don'ts for Protecting Your Joint Health

May is Arthritis Awareness Month. It's estimated that nearly 91 million Americans suffer from arthritis. While many people associate arthritis with "old age," the term covers more than 100 diagnoses involving joint pain and disease

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From Our YouTube Channel: Your Fungal Nail Questions Answered



DEAL OF THE MONTH - MAY

MAY THE FOOTSTEPS be with you

only \$40 a pair!

Our Footstep insoles are designed to provide moderate support for walking or standing on your feet for extended periods.

INCLUDES ALL OVER THE COUNTER INSERTS



Recipe of the Month French Potato Salad

This No-Mayo French Potato Salad is Perfect for Potlucks and Outdoor Dining



Ingredients:

Dressing

- 1/4 cup extra virgin olive oil
- 3 Tbsp grainy Dijon mustard
- 2 Tbsp Sherry vinegar
- 1 shallot, finely minced
- 2 cloves garlic, minced very fine
- Pinch of salt to taste

Salad

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

Instructions

For The Dressing

- Whisk all the ingredients together vigorously until they emulsify into a thick dressing. Taste to 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.
- Drain the potatoes and beans. While they are hot, slice the potatoes in half lengthwise. If 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 the **dressing** while everything is still hot. The potatoes will absorb the dressing and its flavors this way.
- 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*

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.
- Blue jeans were officially invented in May of 1873 after Levi Strauss and Jacob Davis 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.
- Memorial Day is observed on the **last Monday of May** to honor the men and women who have died while serving in the military. It was formerly known as Decoration Day.

May Special Days Mark Your Calendar!

May 5th

Cinco de Mayo

May 6th

Kentucky Derby

May 14th

Mother's Day

May 20th

Armed Forces Day

May 29th

Memorial Day

Trivia

How old is the Kentucky Derby?

- A. 153 Years Old
- B. 147 Years Old
- C. 75 Years Old
- D. 101 Years Old

Answer: B

Meet Our Doctors



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