



Newsletter

July 2023

## 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 Ways to Avoid Sunburn
- From Our YouTube Channel: How Pregnancy Affects Your Feet
- Podiatric Tips for Pregnancy
- Deal of the Month
- Recipe of the Month: Mint-Cucumber Tomato Sandwiches

## FRIDAY AUG 11, 2023 · 1PM – 5PM JOIN US FOR THE RIBBON CUTTING OF OUR NEW PUEBLO WEST LOCATION

Open House to Follow



The staff are all so nice. They are very helpful and friendly. Check in was quick, very little waiting to be seen. They did x-rays right there. Dr Thompson is very nice to work with. - D.M.



Google Review



### 5 Ways to Avoid Sunburn



The skin on your feet is just as susceptible to damage from UV rays as anywhere else on your body, but many people forget that. July is UV Safety Awareness Month and a great time to share reminders about protecting your skin from harmful exposure and sunburn.

[Click Here to Read More](#)

### From Our YouTube Channel:

How Pregnancy Affects Your Feet



### Podiatric Tips for Pregnancy

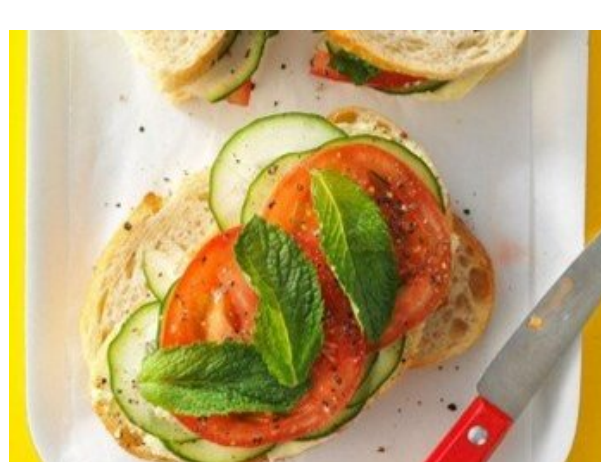
Expecting a baby? Congratulations! You're probably already well aware that your body is undergoing significant changes. You may not realize, however, that some of these changes can substantially impact your feet.

[Click Here to Read More](#)



### Recipe of the Month Mint-Cucumber Tomato Sandwiches

This is a simple and straightforward idea for a very tasty and quick lunch or snack on a hot summer day.



#### Ingredients:

- 3 tablespoons butter, softened
- 8 slices sourdough bread or bread of your choice
- 1 large cucumber, thinly sliced
- 1 medium tomatoes, thinly sliced
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1/4 cup fresh mint leaves

#### Directions:

1. Spread butter over 4 slices of bread.
2. Layer with cucumber and tomatoes
3. Sprinkle with salt, pepper, and mint.
4. Top with remaining bread.
5. If desired, cut each sandwich into quarters.

Recipe courtesy of [Taste of Home](#)

### July Fun Facts

- July was named after Roman general Julius Caesar, as it was the month he was born.
- The full moon in July is known as the 'Buck Moon'. Bucks (male deer) begin to grow their antlers at this time of year.
- Early July, historically, is called the dog days of summer because it's the beginning of the hot, humid summer days.
- The fourth of July is the only federal holiday (national holiday) in July. Independence Day is in celebration of the United States' declaration of independence from Great Britain. America's birthday. The Declaration of Independence was signed by Thomas Jefferson, John Adams, and John Hancock on July 4, 1776.
- Neil Armstrong made history on July 29, 1969, by taking the first steps on the moon. His famous declaration, "That's one small step for man, one giant leap for mankind!"

### July Special Days Mark Your Calendar!

**July 4** - Independence Day  
**July 11** - All American Pet Photo Day  
**July 14** - World Emoji Day  
**July 20** - National Moon Day  
**July 23** - Hot Dog Day

### Trivia

How many hot dogs do Americans consume on July 4th each year?

- A. 9.3 Million
- B. 10 Million
- C. 545 Thousand
- D. 155 Million

**Answer:** D. 155 Million

### Joke

Why do bananas use sunscreen?

*Because they peel*

### Meet Our Doctors



Eric Lewis, DPM

Benjamin K. Marble, DPM

Dr. Sarah Thompson

Dr. Jordan Bean

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