



## 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...

- Holiday Gifts to Treat Your Feet
- From Our YouTube Channel: Dr. Marble discusses treatment for dry cracked heels
- 5 Winter Foot Care Tips
- Deal of the Month
- Recipe of the Month: Broccoli Veggie Pasta Primavera

I am a very, very pleased patient of Dr. Marble's. His staff is fantastic!! He performed surgery on my foot for a toe amputation from diabetes. I have multiple health issues and am under the care of many different Physicians. In all my years and countless office visits, NO doctor has ever called me personally the day after my first office visit to make sure I was ok and that I was satisfied with the level of care I received!!!! My hat goes off to you Dr. Benjamin Marble!!! You have proven that Doctors can be human, be empathetic, and be kind and friendly all while being exceptional at what they do!!! Need a Podiatrist, Dr. Marble at Pueblo Foot and Ankle is the man to see!!! - A. B.



### Holiday Gifts to Treat Your Feet



We're betting during this busy holiday season that if you took a closer look at your "naughty and nice list," you'd find that your feet are near the top of the nice side—although they often get overlooked, especially at this time of the year.

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### From Our YouTube Channel:

Dr. Marble discusses treatment for dry cracked heels



### 5 Winter Foot Care Tips

Baby, whether it's cold outside or not where you live, some changes occur over the winter months that may require corresponding changes in your podiatric care regimen to keep your feet in tip-top condition.

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*December*

**BIOFREEZE**

**Special**

**DEAL OF THE MONTH**

**2 FOR \$20**

**Mix & Match**

**Roll-On, Tube or Spray**

Enjoy the benefits from  
topical pain relievers  
with no side effects.



### Recipe of the Month

#### Broccoli Veggie Pasta Primavera

Chock-full of veggies, this simple, colorful pasta makes a filling dinner. In smaller servings, it works well as a side dish.



#### Ingredients:

- 8 ounces uncooked linguine
- 1 cup thinly sliced fresh broccoli
- 1 medium carrot, thinly sliced
- 1/2 cup sliced green onions
- 1/4 cup butter, cubed
- 1-1/2 cups sliced fresh mushrooms
- 1 garlic clove, minced
- 1 teaspoon dried basil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 6 ounces fresh or frozen snow peas (about 2 cups), thawed
- 1/4 cup dry white wine or chicken broth
- 1/4 cup shredded Parmesan cheese

#### Directions:

1. Cook linguine according to package directions.
2. Meanwhile, in a large skillet, cook the broccoli, carrots, and onions in butter for 3 minutes.
3. Add the mushrooms, garlic, basil, salt, and pepper; continue to cook for 1 minute.
4. Add snow peas and wine.
5. Cover and cook for 2 minutes or until peas are crisp-tender.
6. Drain linguine; add to skillet and toss to coat.
7. Sprinkle with cheese

Recipe courtesy of [tasteofhome.com](http://tasteofhome.com)

### December Fun Facts

- December 7, 1941, the U.S. Naval base at Pearl Harbor, Hawaii, was attacked by nearly 200 Japanese aircraft in a raid that lasted just over one hour and left about 3,000 Americans dead.
- On December 10, 1896, the Nobel Prize's namesake, Alfred Nobel, died. In Nobel's will, he declared that his accumulated wealth be used to give awards to members of society who show great achievement in advancing humanity. Some of the most famous Nobel Prize recipients include Albert Einstein, Marie Curie, and Martin Luther King Jr.
- On December 15, 1791, James Madison, a future president, created the Bill of Rights, signed by 39 delegates at the Pennsylvania State House. It contained the first ten amendments of our Constitution, intended to protect individual liberties such as free speech and the right to bear arms.
- December 17, 1903, after three years of experimentation, Orville and Wilbur Wright achieved the first powered, controlled airplane flights. They made four flights near Kitty Hawk, North Carolina, the longest lasting about a minute.
- December 21st marks the beginning of winter in the Northern Hemisphere, and December 22nd is the beginning of summer in the Southern Hemisphere.

### December Special Days - Mark Your Calendar!

**December 1**  
World Aids Awareness Day

**December 3**  
Advent Begins

**December 6**  
St. Nicholas Day

**December 7**  
Pearl Harbor, Hanukkah Begins

**December 9**  
National Pastry Day

**December 13**  
Ice Cream Day

**December 21**  
Winter Solstice

**December 25**  
Christmas Day

**December 26**  
Kwanzaa

**December 31**  
New Year's Eve

### Trivia

Which famous civil rights activist was arrested on December 1, 1955?

- A. Bayard Rustin
- B. John Lewis
- C. Martin Luther King Jr
- D. Rosa Parks

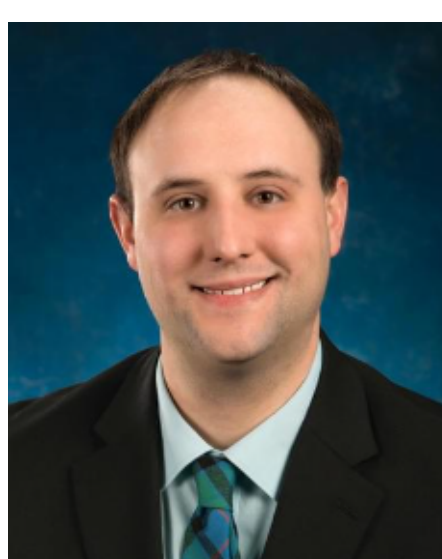
Answer: D

### Joke

What did the snowman have for breakfast?

Answer: Frosted Flakes

### Meet Our Doctors



Eric Lewis, DPM



Benjamin K. Marble, DPM



Sarah Thompson, DPM

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### Need More info?

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