



## 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...

- Heart Health is Foot Health!
- From Our YouTube Channel: Dr. Marble Discussing Circulation Issues
- 3 Wellness Options to Treat Your Feet
- Deal of the Month
- Recipe of the Month: One-Pot Enchilada Pasta

I receive the best care from Dr. Marble and his staff. They do a great job in taking care of my feet and legs. I would recommend his office and team for foot care. - L.P.

Google Review

### Heart Health is Foot Health!

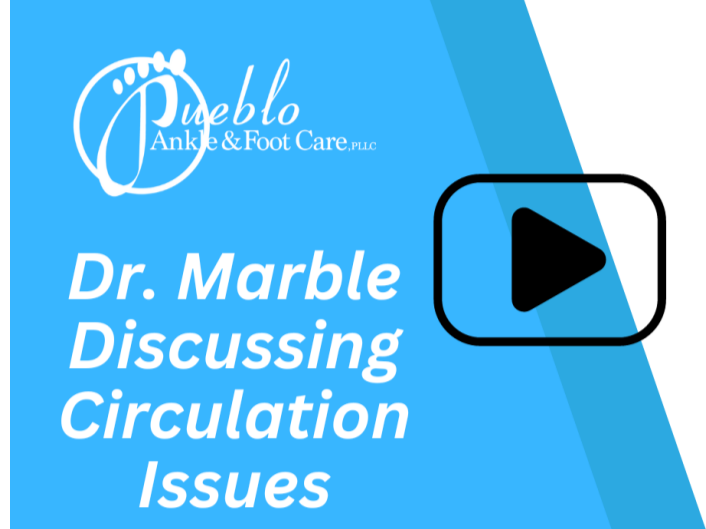


February marks the start of American Heart Month, and while it might seem like a stretch to say so, that means it's also time to start thinking about your podiatric health! From chronic conditions such as peripheral arterial disease to ailments like Raynaud's, circulatory conditions take a severe toll on the lower extremities. Your heart and feet are as far apart as any two parts of your body can be, which means that your heart must pump harder to get blood where it needs to go.

[Click Here to Read More](#)

### From Our YouTube Channel:

Dr. Marble Discussing Circulation Issues



### 3 Wellness Options to Treat Your Feet

Wellness is on everybody's mind lately, and that's a good thing. However, the trending topics tend to center around more visible, face-forward aspects of health. We hear plenty about therapies aimed at healing skin or rectifying sleep, yet one pair of hard-working heroes is often excluded from the conversation: Your feet! This dynamic duo is just as deserving of your tender, loving care, so don't neglect them.



[Click Here to Read More](#)

### FEBRUARY DEAL OF THE MONTH

CUPID'S GOT A GREAT DEAL - BUY 1, GET 1 50% OFF



HELLO  
Winter

### Recipe of the Month

#### One-Pot Enchilada Pasta

This cozy dish is ready in 30 minutes and is full of healthy ingredients. It has everything a busy weeknight meal calls for.



#### Ingredients:

- 4 cups uncooked mini penne or other small pasta
- 4 cups vegetable broth or water
- 1 can (15 ounces) black beans, rinsed and drained
- 1 can (14-1/2 ounces) diced tomatoes, undrained
- 1 medium sweet yellow pepper, chopped
- 1 medium sweet red pepper, chopped
- 1 cup fresh or frozen corn, thawed
- 1 can (10 ounces) enchilada sauce
- 2 tablespoons taco seasoning
- 1/2 cup shredded cheddar cheese
- Optional: Fresh cilantro leaves, cherry tomatoes, and lime wedges

#### Instructions:

1. In a Dutch oven or large skillet, combine the first 9 ingredients.
2. Bring to a boil; reduce heat. Simmer, uncovered, until pasta is al dente and sauce has thickened slightly, 12-15 minutes.
3. Add cheese; stir until melted. Serve with optional toppings as desired.

Recipe courtesy of [tasteofhome.com](#)

### History Footnotes for February

- President Gerald Ford officially recognized Black History Month in February 1976, calling upon the public to "seize the opportunity to honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history."
- February 1, 1960, four African American students sat down and ordered coffee at a lunch counter inside a Woolworth's store in Greensboro, NC. They were refused service but did not leave. Instead, they waited all day. The scene was repeated over the next few days, with protests spreading to other southern states, resulting in the arrest of over 1,600 people.
- The first official Groundhog Day celebration took place on February 2, 1887, in Punxsutawney, PA.
- February 8, 1910, the Boy Scouts of America was founded by William Boyce in Washington, D.C.
- An assassination attempt on newly elected U.S. President [Franklin D. Roosevelt](#) occurred in Miami, Florida, on February 15, 1933. A spectator deflected the gunman's aim. As a result, Chicago Mayor Anton Cermak was shot and killed instead. The gunman, an Italian immigrant, was captured and later sentenced to death.
- Former Black Muslim leader Malcolm X was shot and killed while delivering a speech in a ballroom in New York City on February 21, 1965.

### Interesting Dates in February

**February 2**  
Groundhog Day

**February 9**  
National Pizza Day

**February 10**  
Chinese New Year

**February 11**  
Superbowl Sunday

**February 14**  
Valentine's Day

**February 14**  
Ash Wednesday

**February 17**  
Random Acts of Kindness Day

**February 19**  
President's Day

**February 27**  
Polar Bear Day

**February 29**  
Leap Year

### Trivia: True or False:

The first leap year was introduced in 46 BCE by Julius Caesar of Rome.

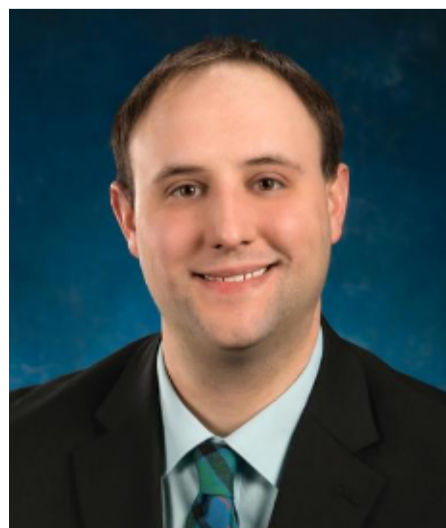
Answer: True

### Joke

What is Cupid's favorite band?

Answer: Kiss

### Meet Our Doctors



Eric Lewis, DPM



Benjamin K. Marble, DPM



Sarah Thompson, DPM

### Our Office

Pueblo Colorado  
1619 North Greenwood St. #300  
Pueblo, CO 81003

Pueblo West  
323 S Purcell Blvd.  
Pueblo West, CO 81007

Phone: (719) 543-2476  
Fax: (719) 543-2479  
[www.puebloankleandfoot.com](http://www.puebloankleandfoot.com)

### Need More info?

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