



Newsletter

March 2024

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...

- Podiatric Pampering 101: Sole Soothing Tips for DIY Spa Day
- From Our YouTube Channel: Dr. Marble Discussing Treatment for Dry Cracked Heels
- Fitter Feet = A Healthy Heart
- Deal of the Month
- Recipe of the Month: Green Shamrock Shake



I was seen immediately. The assistant did a wonderful job of cutting my toenails and the doctor came in immediately after. Both were very pleasant. I have diabetes and appreciate their concern. - Patrick M.



Google Review

Podiatric Pampering 101: Sole Soothing Tips for DIY Spa Day



Treat yourself or a partner to a DIY spa day focused on podiatric pampering! Expensive salons can be unsanitary, inconvenient, and far from soothing. By contrast, you can easily create a blissful space for soaks, massages, and pedicures at home with these simple yet effective tips.

[Click Here to Read More](#)

From Our YouTube Channel:

Dr. Marble Discussing Treatment for Dry Cracked Heels



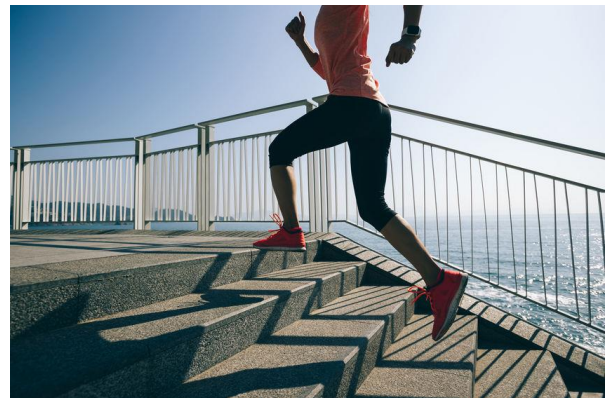
Dr. Marble & Treatment for Dry Cracked Heels



Fitter Feet = A Healthy Heart

Healthy feet impact more than just your mobility; they also play a crucial role in your overall well-being, particularly your cardiovascular health. There's no better time than the present to spread the love *and* some good info about the heart-foot connection, so read on for top-tier heart-health tips that benefit your feet and your circulatory system!

[Click Here to Read More](#)



MARCH DEAL OF THE MONTH

It's a "click your heels" kind of a deal!

**SECOND PAIR
OF CUSTOM MADE
ORTHOTICS \$300**

must have been previously cast

Pueblo
Ankle & Foot Care



Recipe of the Month

Green Shamrock Shake

Shamrock Shake season is upon us! This cool, minty shake is creamy and delicious, and you can make it all year round.



Ingredients:

- 2 cups of vanilla ice cream
- 1 1/4 cups of milk
- 1/4 teaspoon of mint extract
- 9 drops of green food coloring
- 2 tablespoons of chocolate syrup
- 2 tablespoons of whipped cream
- 1/2 teaspoon green decorator sugar

Directions:

1. Blend ice cream, milk, mint extract, and food coloring together in a blender until smooth.
2. Drizzle chocolate syrup around the inside of 2 tall glasses; pour the shake into the glasses.
3. Top with whipped cream and green sugar.

Recipe courtesy of favfamilyrecipes.com

Did we make *your feet happy?*

**We would love
to hear all about it.**

Write a review to let
us know how we made
your feet happy?



*We provide comprehensive medical and
surgical care utilizing evidence based
therapies for all ankle and foot ailments.*



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Historical Facts for March

- On March 1, 1961, President Kennedy signed Executive Order 10924, establishing the Peace Corps as a Department of State agency. Since its establishment, more than

235,000 Americans have joined the Peace Corps, volunteering with international governments, schools, non-profits, and entrepreneurs in nearly every country in the world and all manner of industries.

- In the midst of the Great Depression, Franklin D. Roosevelt was inaugurated as the 32nd President of the United States. On March 4, 1933, he offered 20 minutes of reassurance, hope, and promises for urgent action in his first inaugural address, offering the now famous line: "... the only thing we have to fear is ... fear itself ...
- In March of 1918, the Spanish flu reared its head in America when more than 100 soldiers fell sick at Fort Riley, Kansas. Known today as the deadliest pandemic in world history, the Spanish flu infected approximately 27% of the world's population and killed millions. Coincidentally, the month of March is also when COVID-19 was first declared a pandemic, triggering the first lockdowns in the United States.
- On March 19, 2003, the U.S. launched its first attack to remove the dictator Hussein from power, starting with aerial strikes in Baghdad, followed by a full-on invasion by troops on the ground. Baghdad was conquered just over 20 days later, and Saddam Hussein's rule was over.
- On March 28, 1981, John Hinckley Jr. read in the *Washington Star* that President Ronald Reagan would be at the Washington Hilton in 2 days. On March 30, President Reagan entered the hotel and delivered his speech. As the President returned to his limousine, Hinckley fired six shots, five hit members of Reagan's group and the limousine. The final bullet ricocheted off the limousine and hit Reagan under his left arm, stopping just 25mm from his heart. Reagan was taken to George Washington University Hospital, where the bullet was surgically removed. Hinckley was found "not guilty by reason of insanity" and placed in a mental hospital until his release in 2016.

Interesting Dates in March

March 1

Employee Appreciation Day

March 10

Daylight Saving Time

March 14

Popcorn Lover's Day

March 14

National Pi Day

March 17

St. Patrick's Day

March 19

First Day of Spring

March 23

National Puppy and Cuddly Kitten Day

March 26

Wear a Hat Day

March 29

Good Friday

March 31

Easter

Trivia:

Which country was the first to implement daylight saving time?

- A. Germany
- B. Denmark
- C. Japan
- D. United States

Answer: A. Germany implemented daylight saving time in 1916 to save fuel during World War I.

Joke

Knock-Knock!

Who's there?

Irish.

Irish who?

Irish you a very Happy St. Patrick's Day!

Meet Our Doctors



Eric Lewis, DPM



Benjamin K. Marble, DPM



Sarah Thompson, DPM

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Need More info?

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You can also add me to your contacts to ensure that I go to your inbox next time.

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