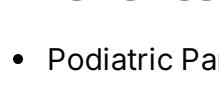


Foot and Ankle Care  
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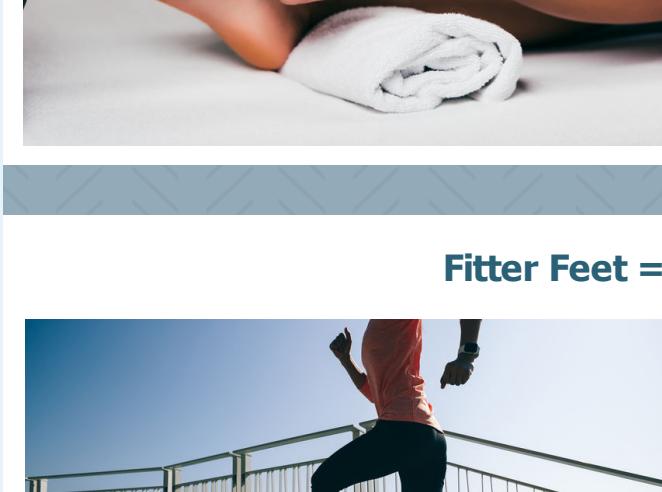


March 2024

## In this Issue...

- Podiatric Pampering 101: Sole Soothing Tips for DIY Spa Day
- Fitter Feet = A Healthy Heart
- Recipe of the Month: Green Shamrock Shake

## Podiatric Pampering 101: Sole Soothing Tips for DIY Spa Day



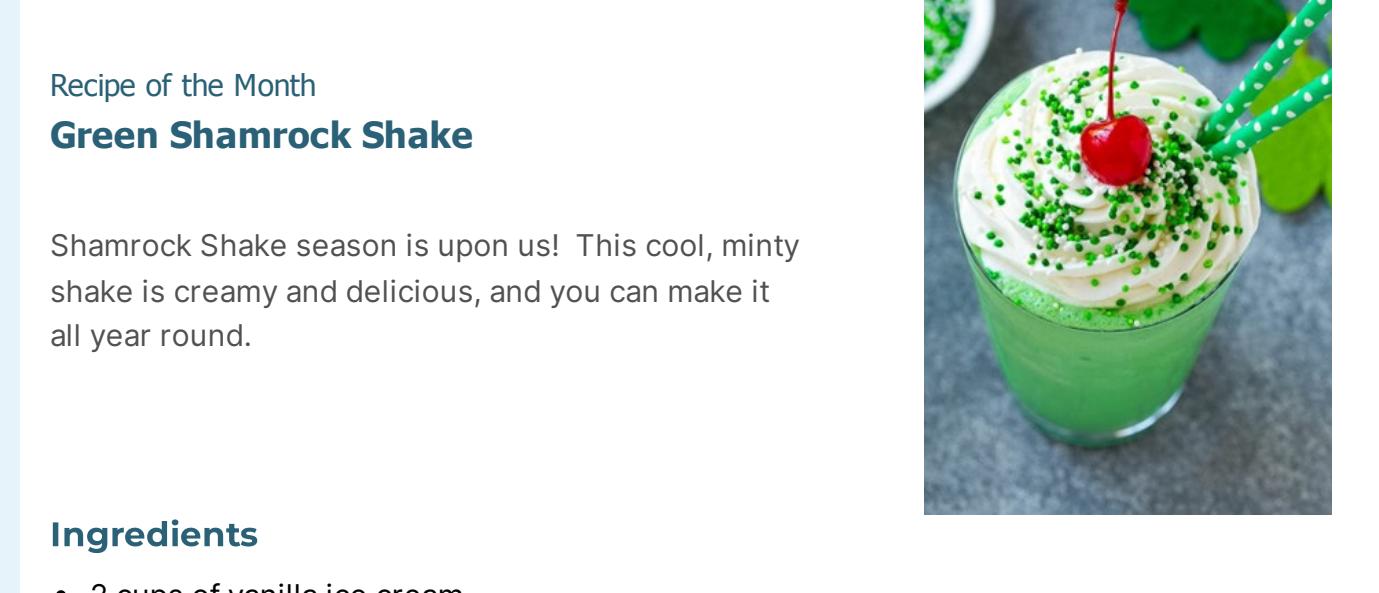
Treat yourself or a partner to a DIY spa day focused on podiatric pampering! Expensive salons can be unsanitary, inconvenient, and far from soothing. By contrast, you can easily create a blissful space for soaks, massages, and pedicures at home with these simple yet effective tips.

[Read More Here](#)

## Fitter Feet = A Healthy Heart



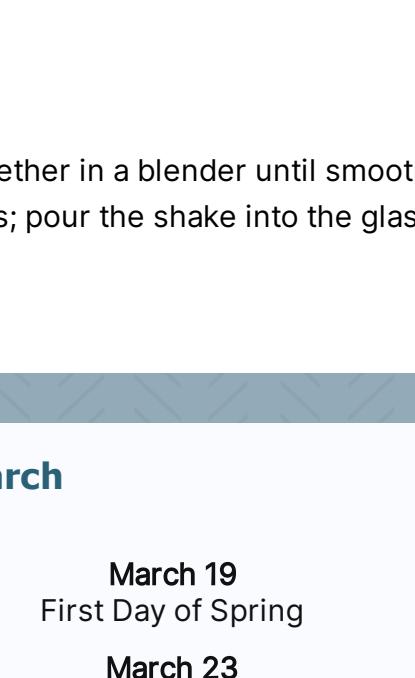
Healthy feet impact more than just your mobility; they also play a crucial role in your overall well-being, particularly your cardiovascular health. There's no better time than the present to spread the love and some good info about the heart-foot connection, so read on for top-tier heart-health tips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

[Read More Here](#)

## 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](#)*

## Interesting Dates in March

March 1	Employee Appreciation Day	March 19	First Day of Spring
March 10	Daylight Saving Time	March 23	National Puppy and Cuddly Kitten Day
March 14	Popcorn Lover's Day	March 26	Wear a Hat Day
March 14	National Pi Day	March 29	Good Friday
March 17	St. Patrick's Day	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.

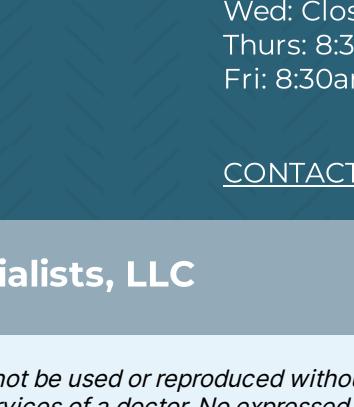
Irish who?

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

## 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.

## Meet Our Doctor



Adam Mucinskas

DPM, FACFAS

## Our Office

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## Need More Info?

## Feet First Foot Care Specialists, LLC

## Our Hours

Mon: 8:30am - 4:30pm

Tues: 10:00am - 6:30pm

Thurs: 8:30am - 4:30pm

Fri: 8:30am - 4:30pm

Sat: 8:30am - 12:00pm

Sun: Closed

CONTACT US ->



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