

Feet First Foot Care Specialists, LLC

IN THIS ISSUE

- Oh, The Places They'll Go: Understanding the Complicated World of Adolescent Foot Problems
- Fall Fun and Your Feet: Stay Safe Doing These 9 Activities
- This Month in September
- Recipe of the Month: Lemony Chopped Salad with Pita

FEATURED ARTICLES

Oh, The Places They'll Go: Understanding the Complicated World of Adolescent Foot Problems



Adolescence is a time of rapid growth and development, especially for the feet. As many young people gear up for their first month of classes, there's no better time to talk to your teens about any foot issues they experience from the demands of their busy lives.

[Click Here to Read More](#)

Fall Fun and Your Feet: Stay Safe Doing These 9 Activities

As the leaves change color and the weather cools down, many of us embrace the opportunity to spend more time outdoors. While popular activities like running, hiking, and biking offer numerous health benefits, they can also put significant stress on your feet.

[Click Here to Read More](#)

MEET OUR DOCTOR



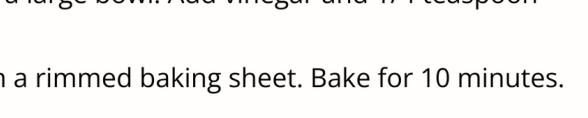
ADAM MUCINSKAS DPM, FACFAS

[Read More Here](#)

RECIPE OF THE MONTH

Lemony Chopped Salad with Pita

This pita salad is beautiful, filling, and easy - just what a great recipe should be.



ingredients

1 can of chickpeas (15oz), rinsed and drained	1/2 cup olive oil
1/4 cup chopped red onion	4 mini (Persian) cucumbers, trimmed
2 tbsp red wine vinegar	2 radishes, trimmed
1 1/4 tsp kosher salt, divided	1 pint of cherry tomatoes
2 pita bread rounds	8 cups loosely packed salad greens (about 4 oz)
Juice of 1 lemon (about 2 tbsp)	4 oz of goat cheese or feta cheese (1 cup)
1 tsp honey	Mint leaves and ground sumac for serving (optional)

directions

1. Preheat oven to 350°F. Place chickpeas and onion in a large bowl. Add vinegar and 1/4 teaspoon salt. Toss to combine.
2. Tear the pita bread into bite-size pieces and place on a rimmed baking sheet. Bake for 10 minutes. Let cool on a baking sheet.
3. Meanwhile, make the dressing: whisk lemon juice, honey, and 3/4 teaspoon salt in a small bowl. Whisk in oil.
4. Prepare vegetables: Slice cucumbers into chunky half-moons and radishes into thin rounds. Cut tomatoes in half. Add vegetables to bowl with chickpeas and toss to combine.
5. Add pita and pour over dressing. Add salad greens and remaining 1/4 teaspoon salt; toss to coat. Crumble cheese into a bowl and gently toss to combine. Serve topped with mint leaves and/or a sprinkle of sumac, if desired.

Recipe courtesy of [realsimple.com](#)

THIS MONTH IN SEPTEMBER

INTERESTING DATES

SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT	
1	2	3	4	5	6	7	
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30						

2 Labor Day

8 Grandparent's Day

11 9/11 Remembrance

18 Air Force Day

22 First Day of Fall

24 National Voter Registration Day

28 National Ghost Hunting Day

HISTORICAL FACTS



September 1, 1939: Germany invaded Poland, marking the beginning of World War II.



September 2, 1945: World War II ended with Japan's formal surrender, known as V-J Day (Victory over Japan Day).



September 11, 2001: The terrorist attacks on the World Trade Center in New York City and the Pentagon in Washington, D.C., occurred, profoundly impacting global politics and security.



September 15, 2008: Lehman Brothers, a major financial services firm, filed for bankruptcy, marking a significant event in the global financial crisis.



September 30, 1962: James Meredith, the first African American student to attend the University of Mississippi, became the first African American to register to vote in Mississippi, an event that was a key moment in the Civil Rights Movement.

Book Your Appointment Today!

Feet First Foot Care Specialists, LLC
162 West Street, Suite K
Chromwell, CT 06416
www.feet-first-footcare.com

[Click here for Office Hours](#)



Need more info?

CONTACT US

Disclaimer: Content of this newsletter may not be used or reproduced without written permission of the author. This newsletter is not intended to replace the services of a doctor. Informational purposes only and is not a substitute for professional medical advice.