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Accepting New Patients

We are accepting new patients at all of our office locations! If you have a foot or ankle problem, we are here to help!

We do TOTAL ANKLE REPLACEMENTS!

Book Your Appointment Today!

Minimal Incision Bunion Correction

Ask us about the latest treatment in bunion surgery - *minimally invasive bunioneectomy.*

This is a game changer for the treatment for painful bunions. Because the incisions are so small, patients undergoing this procedure are experiencing less swelling, less pain and a faster recovery.

Get back on your feet again quickly!

We are now offering advanced skin grafting techniques for difficult to heal wounds.

FEATURED ARTICLES

Get Ready to Celebrate the 4th With A Run in the Sun!



The fourth of July is just around the corner, and with beachy celebrations so close you can almost smell the barbecue, many of us will get into high gear and head outdoors for some summer exercise.

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Sidestepping Summer Wear and Tear

As flip flops and sandals become our footwear of choice, relaxation can give way to some frustrating aches and pains. The reason why is fairly simple: Breezy, open-toed footwear styles often lack structure, which can take a toll on our hardworking feet.



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RECIPE OF THE MONTH

Ribbon Salad with Orange Vinaigrette

Zucchini, cucumbers, and carrots are peeled into "ribbons" for this citrusy salad. Serve this refreshing salad at parties and special occasions.



YOU'LL NEED

- Salad**
- 1 medium zucchini
 - 1 medium cucumber
 - 1 medium carrot
 - 3 medium oranges
 - 3 cups fresh baby spinach
 - 4 green onions, *finely chopped*
 - 1/2 cup chopped walnuts
 - 1/2 tsp salt
 - 1/2 tsp pepper
 - 1/2 cup golden raisins, *optional*
- Vinaigrette**
- 1/4 cup olive oil
 - 4 tsp white wine vinegar
 - 1 tbsp green onion, *finely chopped*
 - 2 tsp honey
 - 1/4 tsp salt
 - 1/4 tsp pepper

ALL YOU HAVE TO DO

- Using a vegetable peeler, shave the zucchini, cucumber, and carrot lengthwise into very thin strips.
- Finely grate enough zest from the oranges to measure 2 tablespoons.
- Cut 1 orange in half. Squeeze the juice from the orange to measure 1/2 cup. Reserve the zest and juice for the vinaigrette. Cut a thin slice from the top and bottom of the remaining oranges; stand the oranges upright on a cutting board. With a knife, cut off the peel and outer membrane from orange. Cut along the membrane of each segment to remove fruit.
- In a large bowl, combine spinach, orange sections, green onions, walnuts, salt, pepper, and, if desired, raisins. Add vegetable ribbons; gently toss to combine. In a small bowl, combine vinaigrette ingredients. Add reserved orange zest and juice; whisk until blended. Drizzle half of the vinaigrette over the salad; toss to coat. Serve with remaining vinaigrette.

Recipe courtesy of tasteathome.com

THIS MONTH IN JUNE

INTERESTING DATES

JUNE						
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						

- 4 National Hug Your Cat Day
- 7 National Donut Day
- 14 National Flag Day
- 16 Father's Day
- 19 Juneteenth
- 20 Summer Begins
- 21 Take Your Dog to Work Day
- 27 International Pineapple Day

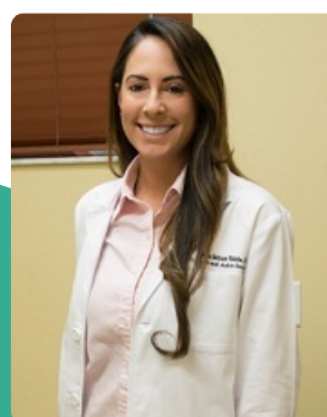
HISTORICAL FACTS

- ★ June 3, 1972 - Sally Jan Priesand was ordained a rabbi, becoming the first woman rabbi in the U.S. She then became an assistant rabbi at the Stephen Wise Free Synagogue in New York City.
- ★ On June 5, 1968, Senator Robert Kennedy was shot at the Ambassador Hotel in Los Angeles after winning the California presidential primary. He was shot several times by 24-year-old Palestinian Sirhan Sirhan. He was pronounced dead a day later, on June 6, 1968.
- ★ June 18, 1983 - Dr. Sally Ride, a 32-year-old physicist and pilot, became the first American woman in space. She began a six-day mission aboard the space shuttle Challenger, which was launched from Cape Canaveral, Florida.
- ★ June 27, 1972 - Nolan Bushnell and Ted Dabney founded Atari, Inc. The pioneering video game and home computer company produced arcade classics like the two-dimensional tennis simulator, Pong. In the '70s and '80s, its products had a large impact on the electronic entertainment industry.

MEET OUR DOCTORS



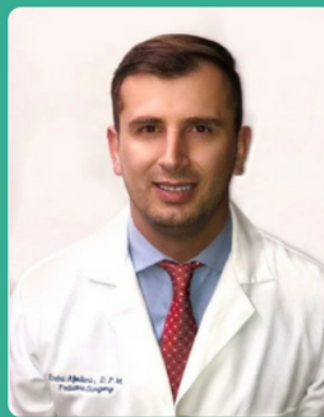
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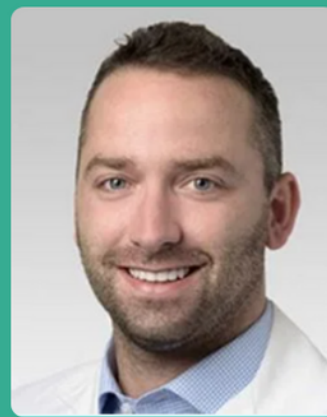
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