

THE FOOT & ANKLE CENTER OF MARYLAND

EXPERT FOOT CARE FOR THE ENTIRE FAMILY

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FEATURED ARTICLES

Give Back to the Environment with These "Green Podiatry" Tips!



It's easier to be environmentally friendly than most people think. By making eco-conscious choices about our footwear and incorporating walking into our daily routines, we can all contribute to a healthier planet and a more beautiful landscape.

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Keep Pedaling, Keep Healthy: Podiatric Pointers for Cyclists

Bike riding is a fantastic way to stay mobile and enjoy the great outdoors. However, frequent riders can experience more than scenic views and better health: Overuse injuries and podiatric problems await if proper care isn't taken.



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MEET OUR DOCTOR



ROSS S. COHEN, DPM

[Read More Here](#)

MEMORIAL DAY

REMEMBER & HONOR



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RECIPE OF THE MONTH

PINEAPPLE SHRIMP TACOS

Taste the tropics with our cool, crispy take on shrimp tacos. Wrapping the shells in lettuce adds even more crunch while keeping the tacos tidy after you take a bite.



Ingredients

- 1 pound uncooked shrimp (26-30 per pound), peeled and deveined
- 3 teaspoons of olive oil, divided
- 1 large sweet orange pepper, sliced
- 1 large sweet red pepper, sliced
- 1 small onion, halved and sliced
- 1 cup pineapple tidbits
- 1 envelope fajita seasoning mix
- 1/3 cup of water
- 8 corn tortillas (6 inches), warmed
- 1/2 cup of shredded mozzarella cheese
- 8 large romaine lettuce leaves

Directions

1. Cook shrimp in 2 teaspoons of olive oil in a large skillet over medium heat until shrimp turn pink, 4-6 minutes. Remove and keep warm.
2. In the same skillet, sauté the peppers, onion, and pineapple in the remaining 1 tsp of olive oil until the vegetables are tender. Add seasoning mix and water. Bring to a boil; cook and stir for 2 minutes. Return the shrimp to the skillet and heat through.
3. Spoon the mixture onto the tortillas and top with cheese.
4. Wrap the lettuce around tortillas to serve.

Recipe courtesy of tasteofhome.com

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THIS MONTH IN MAY



INTERESTING DATES

MAY

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	31	

4 Kentucky Derby

5 Cinco de Mayo

12 Mother's Day

17 Endangered Species Day

21 National American Red Cross Founder's Day

27 Memorial Day

31 National Smile Day



HISTORICAL FACTS

- ★ The Empire State Building opened on May 1, 1931.
- ★ The first regular airmail service in the United States began on May 15, 1918.
- ★ On May 20, 1932, Amelia Earhart flew across the Atlantic Ocean, marking the first solo flight by a woman.
- ★ The Kentucky Derby has the longest history of any sporting event in the country. The first race was on May 17, 1875, with 15 horses competing in front of a crowd of about 10,000.
- ★ Memorial Day was originally called Decoration Day. It was established on May 5, 1868, by Gen. John A. Logan of the Grand Army of the Republic to honor the fallen soldiers of the Civil War. After WWI, Memorial Day was expanded to honor all soldiers who have died in American wars. In 1971, the date became known as Memorial Day. The holiday was moved to the last Monday in May by the 1968 Uniform Monday Holiday Act, which was passed to create a three-day weekend for federal employees.
- ★ For car racing fans, Memorial Day also includes watching the Indy 500. The first full year of racing at the Indianapolis Motor Speedway started in 1910.



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