

## September 2014



### HELPFUL KIDS SHOE SHOPPING TIPS

#### DO YOUR CHILD'S SHOES "MAKE THE GRADE?"

During back-to-school season and throughout the year, one of the most important purchases on any parent's shopping list should be a pair of proper fitting shoes for their child. For many parents, shoe shopping may seem easier than a pop-quiz in gym class – but several important factors should be considered:

**CHILDREN'S FEET CHANGE WITH AGE.** Shoe and sock sizes may change every few months as a child's feet grow.

**SHOES THAT DON'T FIT PROPERLY CAN AGGRAVATE THE FEET.** Always measure a child's feet before buying shoes, and watch for signs of irritation.

**NEVER HAND DOWN FOOTWEAR.** Just because a shoe size fits one child comfortably doesn't mean it will fit another the same way. Also, sharing shoes can spread fungi like athlete's foot and nail fungus.

**EXAMINE THE HEELS.** Children may wear through the heels of shoes quicker than outgrowing shoes themselves. Uneven heel wear can indicate a foot problem that should be checked by a podiatrist.

**TAKE YOUR CHILD SHOE SHOPPING.** Every shoe fits differently. Letting a child have a say in the shoe buying process promotes healthy foot habits down the road.

**ALWAYS BUY FOR THE LARGER FOOT.** Feet are seldom precisely the same size.

**BUY SHOES THAT DO NOT NEED A "BREAK-IN" PERIOD.** Shoes should be comfortable immediately. Also make sure to have your child try on shoes with socks or tights, if that's how they'll be worn.

#### TAKE THE 1 • 2 • 3 TEST

#### LOOK FOR A STIFF HEEL

Press on both sides of the heel counter. It shouldn't collapse.

#### CHECK TOE FLEXIBILITY

The shoe should bend with your child's toes. It shouldn't be too stiff or bend too much in the toe box area.

#### SELECT A SHOE WITH A RIGID MIDDLE

Does your shoe twist? Your shoe should never twist in the middle.

FOR MORE INFORMATION ON FOOT HEALTH, VISIT [APMA.ORG](http://APMA.ORG).



### September Special

Gormel Crème

**\$13.00**

Wonderful for moisturizing  
and softening dry feet

Reg. \$15.00

### Some of the little known September holidays:

Classical Music Month

Hispanic Heritage Month

Fall Hat Month

International Square Dancing Month

National Blueberry Popsicle Month (I didn't even know they made blueberry popsicles!)

National Courtesy Month

National Piano Month

Chicken Month

Baby Safety Month

Little League Month

Honey Month

Self Improvement Month

Better Breakfast Month

## Recipe Corner

### Black Bean Soup

*With fall coming we can't help but think of soup. This soup is quick, easy to make and very satisfying! Great served with fresh warm tortillas.*

6 slices of bacon, finely chopped

1 large onion, chopped

4 cloves of garlic, minced

4 cans black beans, drained

2(14 ounce cans) chicken broth (can add more if you like a thinner soup)

2 teaspoons ground cumin

2 teaspoons chili powder

1 teaspoon salt

Sour cream, cilantro, cheddar cheese, green onions, avocado for serving. You can tell we like our condiments! Top with whichever you prefer.

Cook bacon over med-high heat until browned. Add onions and garlic and cook until tender. Add beans, broth, cumin, chili powder and salt. Bring to boil and reduce to simmer 30 minutes. Spoon 1/2 of the mixture into a separate bowl. Using an immersion blender, blend remaining soup in pot to a creamy consistency. Return additional soup to pot. (We like a smooth textured soup so I do not separate the soup, I blend the whole pot). If you don't have an immersion blender, you can put the soup into a regular blender to process but be careful when blending hot foods.

Serve with desired toppings!



Grandparent's  
Day is September  
7<sup>th</sup>!

The littlest  
feet make  
the biggest  
footprints in  
our hearts.



Dr. Gauntt has a  
new grandbaby.  
Welcome Kelson,  
born August 17th.