

The Perfect Fit: Tips for Selecting Kids' Back to School Shoes

August 2023 Newsletter

As the summer days wind down and back-to-school season approaches, it's time to start preparing your kids for the new academic year. One essential aspect of this preparation is getting them the right shoes to support their active and growing feet throughout the school day. Here are some helpful tips to keep in mind when buying new shoes for your kids:

Measure Their Feet: Have your kid stand on a piece of paper and trace the outline of their foot. Measure the length from the heel to the longest toe and the width at the widest part of the foot to use as a guide when selecting the right shoe size.

Allow Room for Growth: Kids' feet can grow up to half a size every three months, so leave some wiggle room in new shoes. Aim for a thumb's width between the longest toe and the front of the shoe.

Look for Quality Materials: Look for shoes made from quality materials that can withstand the wear and tear of daily activities. Leather and mesh are excellent choices for breathability and durability.

Check for Arch Support: Shoes with proper arch support are crucial for growing feet. The arch support helps maintain the foot's natural alignment and reduces the risk of foot fatigue and discomfort.

Pay Attention to the Heel: The back of the shoe should have a firm heel counter to provide stability for the heel. Avoid shoes with soft or collapsible heel counters, as they may not offer sufficient support.

Avoid Hand-Me-Downs: It's essential to provide each child with properly fitted shoes. Feet vary in size and shape, so shoes that have been well worn by one child may not provide the right fit for another.

Shop in the Afternoon: Feet tend to swell throughout the day, so it's best to shop for shoes in the late afternoon or early evening. This way, you can ensure that the shoes fit comfortably all day long.

Involve Your Kids: Bring your kids along when shopping for shoes and let them try on different pairs. Their comfort and opinion matter, as they will be the ones wearing the shoes daily.

Inspect the Fit: Before making the final purchase, have your child try on both shoes and walk around in them. The right shoes should feel comfortable from the start, without the need for a "break-in" period.

Shoe-Shopping Tips, Continued

Help Your Kid Start the School Year on the Right Foot

Getting the right shoes for back-to-school is crucial for your child's foot health and overall comfort throughout the school day. By following our tips for shoe shopping, you can ensure your child starts the school year on the right foot – literally! Remember, well-fitted shoes not only promote healthy foot development but also boost your child's confidence as they embark on new adventures at school. Happy shoe shopping!

Achilles Wasn't the Only One to Have Heel Pain!

When it comes to heel pain, even the great Greek heroes aren't immune. Achilles famously suffered from an arrow to the back of the heel. While you might not have an arrow in your Achilles tendon, you might be experiencing discomfort at the back of your ankle, you might have Achilles tendinitis. If left untreated, the pain can worsen and even affect other muscles and tendons in the area. Here's what you need to know about this condition and how we can help.

What is Tendinitis?

Tendinitis is the inflammation of tendons, the tissues that connect muscles to bones. When these tissues are overworked they can become inflamed, causing pain, stiffness, and discomfort. Achilles tendinitis is a common condition that can cause pain at the back of the ankle, below the heel, where the Achilles tendon attaches to the heel bone.

This tendon is often put under a lot of stress, particularly for those who play sports or participate in other activities that put a strain on the ankles, knees, and legs. Achilles tendinitis can also be caused by tight calf muscles or shoes that don't fit properly.

Let's Get You Back on Your Feet

Achilles tendinitis can be a difficult injury to deal with, but with the proper treatment, you can make a full recovery. If you're struggling with Achilles pain, the first step is to seek professional help. Our team is ready to create a custom treatment plan to get you back on your feet as soon as possible so that you can enjoy your favorite activities pain-free again!

8/2; Ice Cream Sandwich Day: Back in 1900, the first ice cream sandwich made its debut in the Bowery neighborhood of New York, delighting eager customers with its sweet charm, all for the price of a mere penny.

8/4; National Coast Guard Day: The Coast Guard stands ever vigilant, safeguarding our shores and waterways.

8/6; National Sisters Day: Celebrated on the 1st Sunday of August, the bond of sisters is unmatched by any other relationship.

8/13; International Left Handers Day: Roughly 10% of the population are left-handed individuals, often lovingly referred to as southpaws.

8/19; World Honey Bee Day: Celebrated on the third Saturday in August and brings a buzzing celebration for beekeepers, honey lovers, and all blooming things.

8/25; National Park Service Founders Day: On this day in 1916, President Woodrow Wilson signed what is now called the Organic Act. It established the National Park Service.

Holidays and Important Dates In August

Back-to-School Wordsearch Puzzle

Backpack
Binders
Books
Calculator
Classrooms
Crayons
Desks
Erasers
Glue
Notebooks
Paper
Pens
Pencils
Rulers
Scissors
Sports
Students
Tape
Teachers

S N O T E B O O K S R Z R B S S Y C S O
R T Y W B O Z O A U H I A F N R M E T X
G C R S U O W R L Z C C X D O E F X D M
O H D O R K N E H T K P J E Y S L B F F
Y W G E P S R T V P E F D S A A R S P W
J K P L B S K N A J Y A E K R R R E H D
G A H S U X K C J X I C C S C E O C P K
P R E D F E K T A P E S A H D Q H J S K
C Z B R C V D T Q K X F P N E S X T G J
U N M S O X A W X J A N I Z L R U U M X
T R E H M T C F M B R B P N A D S A Y E
F D Y O S F A B C A A X J Z E A I I P O
I V P A I U T L I F Z V D N Z C E Q Q M
E B T G Z L F N U R V E T O D P P D Q Z
R A U S R O S S I C S S R G N S A J M V
M S T B M W T P O D L D A C K T G V A H
S Z F H Q U W J B R X A S L I C N E P O
G N G G P E U S I I V G C S G U Z F U F
R G E K C I R C F B D I Q P U N I T R E
S S B P S M O O R S S A L C F J Y S P S

Grilled Corn on the Cob with Lime Butter

By Tyler Florence

Ingredients

12 ears fresh corn, unshucked

1/2 pound (2 sticks) unsalted butter, room temperature

3 limes, zest finely grated

1 bunch fresh chervil, chopped

Salt and freshly ground black pepper

1/2 pound queso fresco, finely grated

1/4 cup Ancho Chile Rub, recipe follows, or cayenne pepper

For the Ancho Chile Rub

3 ancho chiles, seeded and hand-torn into pieces

1/4 cup chili powder

2 tablespoons ground coriander

1 tablespoon ground cumin

2 teaspoons sweet paprika

1 tablespoon dried oregano

1 tablespoon garlic powder

1/4 teaspoon ground cinnamon

Directions

Soak the corn in a large container of water for 1 hour. Prepare the grill. Put the soaked cobs on the hot grill and cook for 30 to 40 minutes, turning frequently. The corn is done when it feels soft when you press on it.

While the corn is grilling make the lime butter: In a small bowl add the butter, lime zest, chervil, and salt and pepper, to taste. Mix well and spread onto a large plate. Spread the queso fresco onto another plate.

Take the corn off the grill and carefully peel back the husks (it will be hot). Remove the corn silk and tie the husks in a knot so you can hold on to it like a handle. Roll in the lime butter and then roll in the queso fresco; sprinkle with the Ancho Chile Rub. Place on a large platter and serve immediately.

For the Ancho Chile Rub: Toast the ancho chile pieces over low heat in a dry skillet until fragrant, shaking the pan so they don't scorch. Put the chiles in a spice grinder and pulse to a powder. Add the remaining ingredients and buzz again to combine.