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4 Easy Exercises For Flexing Your Feet



Peloton, Orangetheory, High-Intensity Interval Training...sometimes, it seems like there's a never-ending stream of workout fads to follow. Yet there's one aspect of exercise that often gets forgotten: fitness for your feet! How's one supposed to stretch, flex, and strain the feet like the rest of the body?

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Start Off on the Right Foot: 5 Problems to Prevent with Regular Screenings

We spend a lot of time glued to screens these days, but we don't spend enough time getting health care screenings. And because our feet spend all their time carrying us around, we owe them a bit of maintenance to prevent the pains of wear and tear.

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Recipe of the Month

Egg Drop Soup

This homemade egg drop soup is a thick and savory chicken soup swirling with egg ribbons. Quick and easy to make in just 15 minutes, and always tastes so cozy and comforting.



Ingredients

- 4 cups of chicken or vegetable stock
- 2 tablespoons cornstarch
- 2 teaspoons ground ginger
- 1 teaspoon garlic powder
- 1/8 teaspoon white pepper
- 3 large eggs
- 1 teaspoon toasted sesame oil
- Fine sea salt and black pepper, to taste
- Thinly sliced green onions, for garnish

Directions:

- 1. Make the broth:** Whisk together the stock, cornstarch, ginger, garlic powder, and white pepper in a medium saucepan until smooth. Cook over high heat until the stock comes to a simmer, stirring occasionally.
- 2. Whisk the eggs:** Meanwhile, whisk together the eggs in a small measuring cup or bowl.
- 3. Stir in the egg ribbons:** Once the broth reaches a simmer, use a whisk or two chopsticks to stir the broth in a circular motion, creating a whirlpool. Then slowly pour the whisked eggs in a very thin stream into the soup as you continue stirring, create egg ribbons.
- 4. Season:** Remove the pan from the heat. Stir in the sesame oil until combined. Season with salt and additional white pepper to taste, also adding a dash or two of extra sesame oil if needed.
- 5. Serve:** Serve immediately, garnished with lots of green onions and a twist of black pepper

Recipe courtesy of [gimmesomeoven.com/egg-drop-soup](https://gimmesomeoven.com/egg-drop-soup)

History Footnotes for January

- Abraham Lincoln issued the Emancipation Proclamation in 1863 announcing "that all persons held as slaves" shall be free.
- In 1908, the first New Year's ball dropped in New York City, welcoming the new year.
- Ellis Island opened on January 1, 1892, allowing more than 20 million immigrants to enter the United States.
- Martin Luther King Jr. Day is celebrated on the third Monday of January each year. MLK Day was officially established in 1986, long after attempts at honoring King started soon after his death in 1968.

Interesting Dates in January

<b>January 1</b> Emancipation Proclamation	<b>January 15</b> Martin Luther King's Birthday
<b>January 2</b> National Science Fiction Day	<b>January 22</b> Celebration of Life Day
<b>January 4</b> World Braille Day and National Spaghetti Day	<b>January 26</b> National Fun at Work Day
<b>January 14</b> National Dress Up Your Pet Day	<b>January 27</b> International Holocaust Remembrance Day

Trivia

When did Alaska become the 49th state in the United States?

- A. January 25, 1958
- B. January 3, 1959
- C. January 4, 1960
- D. January 10, 1959

Answer: B

Joke

Why do birds fly south for the winter

Answer: Because it's too far to walk.

Meet Our Doctor



Kenneth R. Wilhelm, D.P.M.

Our Office

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Mon : 8:30 AM - 12:00 PM  
 Tues: 8:30 AM - 5:00 PM  
 Wed: 8:30 AM - 5:00 PM  
 Thurs: 8:30 AM - 5:00 PM  
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