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## WE'RE GROWING



It's been a very, very busy year at Clark Podiatry. Our family has grown in many ways. Dr. Dan Phan joined us in May and he has been working in the office on Thursday mornings. On September 1, Dr. Jasmeet Chawla also signed on and we've expanded our office hours to accommodate the needs of our patients. Dr. Chawla mans the office on Tuesday afternoons and Friday mornings. Dr. Macy is continuing on as he has, with hours all day Monday, Tuesday and Wednesday mornings and Thursday in the afternoons.

Everybody has long been used to the excellent and friendly service of our assistants, Audrey and Rhonda. We have another new medical assistant Courtney, who will be there with Dr. Chawla on Tuesdays and Fridays.

On a more personal note, those three adorable children in the photo are Dr. Macy's grandchildren. Many of you still ask about my first granddaughter, Maggie, who is now nearing her 11th birthday. Her brother Greg is now 8. In the middle is the newest addition, their cousin Maddie, who arrived at the end of July. On Mrs. Macy's side of the family there's a more recent new addition, granddaughter Mary, born in early September. And there's one more grandchild to come in November.

It is often said that "bigger is just bigger". In this case, bigger is much, much better!

## FEATURED ARTICLES

### Oh, The Places They'll Go: Understanding the Complicated World of Adolescent Foot Problems



Adolescence is a time of rapid growth and development, especially for the feet. As many young people gear up for their first month of classes, there's no better time to talk to your teens about any foot issues they experience from the demands of their busy lives.

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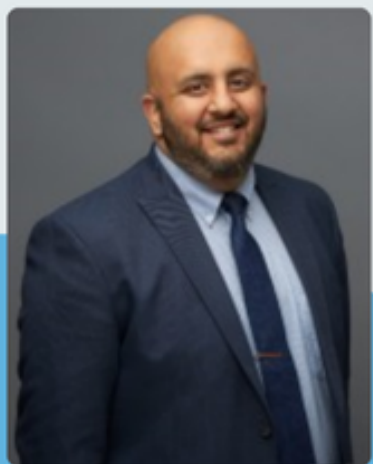
### Fall Fun and Your Feet: Stay Safe Doing These 9 Activities

As the leaves change color and the weather cools down, many of us embrace the opportunity to spend more time outdoors. While popular activities like running, hiking, and biking offer numerous health benefits, they can also put significant stress on your feet.



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## MEET OUR DOCTORS



JASMEET CHAWLA, D.P.M.



BRANDON A. MACY, D.P.M.



DANNY PHAN, D.P.M.

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## RECIPE OF THE MONTH

### Lemony Chopped Salad with Pita

*This pita salad is beautiful, filling, and easy - just what a great recipe should be.*



#### ingredients

- |   |   |
|---|---|
| 1 can of chickpeas (15oz), rinsed and drained | 1/2 cup olive oil                                   |
| 1/4 cup chopped red onion                     | 4 mini (Persian) cucumbers, trimmed                 |
| 2 tbsp red wine vinegar                       | 2 radishes, trimmed                                 |
| 1 1/4 tsp kosher salt, divided                | 1 pint of cherry tomatoes                           |
| 2 pita bread rounds                           | 8 cups loosely packed salad greens (about 4 oz)     |
| Juice of 1 lemon (about 2 tbsp)               | 4 oz of goat cheese or feta cheese (1 cup)          |
| 1 tsp honey                                   | Mint leaves and ground sumac for serving (optional) |

#### directions

1. Preheat oven to 350°F. Place chickpeas and onion in a large bowl. Add vinegar and 1/4 teaspoon salt. Toss to combine.
2. Tear the pita bread into bite-size pieces and place on a rimmed baking sheet. Bake for 10 minutes. Let cool on a baking sheet.
3. Meanwhile, make the dressing: whisk lemon juice, honey, and 3/4 teaspoon salt in a small bowl. Whisk in oil.
4. Prepare vegetables: Slice cucumbers into chunky half-moons and radishes into thin rounds. Cut tomatoes in half. Add vegetables to bowl with chickpeas and toss to combine.
5. Add pita and pour over dressing. Add salad greens and remaining 1/4 teaspoon salt; toss to coat. Crumble cheese into a bowl and gently toss to combine. Serve topped with mint leaves and/or a sprinkle of sumac, if desired.

Recipe courtesy of [realsimple.com](#)

## THIS MONTH IN SEPTEMBER

### INTERESTING DATES

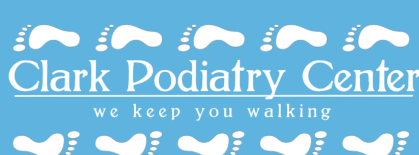
SEPTEMBER							2 Labor Day
SUN	MON	TUE	WED	THU	FRI	SAT	8 Grandparent's Day
	1	2	3	4	5	6	7
8	9	10	11	12	13	14	11 9/11 Remembrance
15	16	17	18	19	20	21	18 Air Force Day
22	23	24	25	26	27	28	22 First Day of Fall
29	30						24 National Voter Registration Day
							28 National Ghost Hunting Day

### HISTORICAL FACTS

- ★ September 1, 1939: Germany invaded Poland, marking the beginning of World War II.
- ★ September 2, 1945: World War II ended with Japan's formal surrender, known as V-J Day (Victory over Japan Day).
- ★ September 11, 2001: The terrorist attacks on the World Trade Center in New York City and the Pentagon in Washington, D.C., occurred, profoundly impacting global politics and security.
- ★ September 15, 2008: Lehman Brothers, a major financial services firm, filed for bankruptcy, marking a significant event in the global financial crisis.
- ★ September 30, 1962: James Meredith, escorted by federal marshals, became the first African American student to enroll at the University of Mississippi, an event that was a key moment in the Civil Rights Movement.



**Book Your Appointment Today!**



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Mon: 8:00am – 12:00pm; 1:30pm - 4:00pm  
Tue: 8:00am – 12:30pm; 1:00pm - 5:00pm  
Wed: 8:00am – 1:00pm  
Thu: 8:00am – 12:00pm; 1:30pm - 5:00pm  
Fri: 8:00am – 12:00pm  
Sat / Sun: Closed

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