



FOOT FOCUS

MAY 2016

MEET THE DOCTORS

This month we asked our doctors: "What do you plan on doing over Memorial Day weekend?"

"Whatever keeps me outside."

-Dr. Hatcher



"Soccer with my daughters, basketball with my son, guilty -pleasure TV with my wife!"

-Dr. Woelffer

"I will hopefully be spending time outdoors with my kids and wife. Also that weekend, we will celebrate our 12th wedding anniversary!"

-Dr. Boehm



"I'll be in Charleston, South Carolina for a wedding!"

-Dr. Meyers

Dr. Meyers meets the Running Mamas and the Stroller Strides

Dr. Meyer's met with a couple of running groups here in Raleigh; the Running Mamas and the Stroller Strides. These groups are both a part of the FIT4MOM Cary/Durham fitness group, which is the country's largest fitness program for moms. They offer pre and post-natal fitness classes for every stage of



motherhood. Dr. Meyers met with these ladies to inform them on ways to avoid foot injury, what different kinds of foot pain means, and how to treat it. Raleigh foot and Ankle Center wants to help



any and all fitness, dance, and sports groups prepare to keep their feet in the best shape possible, so they can perform at their best! If you're a part of a group that would benefit from one of

our doctors' speaking to your team, please let us know so we can help you. Email us at rfacnc@outlook.com. For more information on the Running Mamas or Stroller Strides, you can find them on Facebook or go to their website <http://www.raleigh.fit4mom.com/#/> today.



NEW PRODUCT!

Vionic Rest Paros Sandals



Spring is here and summer is coming, make sure your open toed sandals are styling but comfortable for your feet.

These new Orthaheel sandals are leather with a rubber sole. They're lightweight, flexible, have EVA midsole that absorbs shock, reduces stress on feet, ankles, and knees.

Their durable rubber outsole with a patterned tread provides traction on any surface you're walking on. The

Orthaheel Technology is biomechanically designed to hug your arches and support your feet in comfort.

Vionic sandals have a built in orthotic which is effective in helping treat heel pain. Great for Plantar Fasciitis.

Can buy in Gold Cork or Red Croco.

Get yours today!

Can be purchased at 1418 E. Millbrook Rd. Raleigh, NC 27576 location.

EMPLOYEE INSIGHT

Margie's Crockpot BBQ Pork Tenderloin

Ingredients:

- 1 Pork Tenderloin
- 1 cup Water
- 1 Tbsp. Garlic salt
- 1 Tsp. Pepper
- 2 Tbsp. Brown sugar
- 1 Tbsp. Cinnamon
- 2 Tbsp. BBQ Spice
- 1 Small bottle of Sweet Baby Ray BBQ Sauce

Put tenderloin (can be frozen), in Crockpot. Put spices on top of tenderloin and rub spices all over. Add water, cook on low for 8 hours. When done, strain juice and shred meat. Add BBQ sauce, heat on warm. A perfect warm weather BBQ favorite!



**We will be closed Monday, May 30th in
observation of Memorial Day**



Raleigh Foot & Ankle Center

Always accepting new patients

www.rfacnc.com

Visit us at either of our convenient locations:

1418 E. Millbrook Rd.
Raleigh, NC 27608
(919)850-9111

2605 Blue Ridge Rd.
Suite 320 Raleigh, NC
27607

Dr. Woelffer had another successful Legend Race to remember!



What will you get *her* for Mother's Day?



Mother's Day is right around the corner on May 8th. So don't worry, Raleigh Foot & Ankle Center has got you covered. Our medical grade pedicures are a safe, soothing, and great way to spoil your mother for her special day. You can buy a gift certificate at either of our locations, the Millbrook or the Blue Ridge office. If you typically wait to the last minute, no worries! Go to our online store www.raleighfootstore.com to buy a gift certificate. Summer is almost here, what is a better way to show your mother your appreciation and love, then to give the gift of pretty feet for open toed shoes? Pamper your mom today and get her into one of our salons.

Get Social

Raleigh Foot & Ankle Center on Facebook, YouTube, and Google+

@raleighfootdocs on Twitter, Instagram, and Pinterest

With Us



GET FOOT CARE TIPS FROM OUR DOCS AND THE INSIDE SCOOP ON OUR BLOG

FIND IT AT WWW.RFACNC.COM/BLOG

Have you heard about our online store?

Order your over the counter foot and ankle care products from the comfort of your own home!

Visit www.raleighfootstore.com

May's finalist for the Restaurant Review Contest goes to...

Congratulations to Maggie and Steve S. for being May's finalist for the Restaurant Review contest! Their review was very detailed and will be hard to top. We will have a new finalist each month until we announce the winner in December 2016 for the \$100 gift certificate prize to your favorite restaurant. To find out more information and to submit your monthly Restaurant Review entry, go to www.raleighfootandanklecenter.com/contact-us/contests.

"If you're looking for true South Louisiana food (think Creole and Cajun) in this area, look no farther than Hillsborough—it's a very easy highway drive and far closer than New Orleans or Lafayette! LaPlace Louisiana Cookery is the real deal, cher! They're located right in the middle of downtown Hillsborough in a turn of the century drugstore that still has the old ceramic soda dispenser on the counter (which is now the bar instead of the soda counter—I doubt there's any soda in there now!) Look closely for it because there's only a very small sign in the door window announcing their location—instead the restaurant has a sign in the wall over the front door that announces, in tiles, the name of the old drugstore (James Pharmacy)! We drove by it a couple of times before finding it the first time. They're open from 11:30am to 9pm M-Th, 11:30am-10pm F, and they do two wonderful brunches on both Saturday and Sunday from 10am-3pm. Their website is <http://laplacehillsborough.com/> -- click on the "Click to learn more" button to see the menu.



It's a small place with wonderful ambiance, and lots of black and white pictures on the walls of sugar cane fields, famous old restaurants that used to be on what we called "Airline Highway", and pictures of people and places of long ago Louisiana. You know you're in the right place as soon as you get a look at the tables, where you'll see (a) Crystal and Louisiana brand hot sauces—NOT Texas Pete, and (b) mounds of powdered sugar from the beignets—as good as or better than the best I've had in Louisiana, and better than those I've even made myself. They are a must-get, but only served at brunch.

But let's start with drinks (where else?—this is Louisiana-inspired after all!). It's the only place I know where you can get two classic cocktails invented in New Orleans and made with the exact right ingredients (anyone familiar with Peychaud Bitters?)—a Sazerac and a Ramos Gin Fizz. I highly recommend the Ramos Gin Fizz for brunch—they have a classic version and a strawberry version as well. Their cocktail menu is fluid (really didn't mean that as a pun), and if you want something special, I'll bet their excellent bartenders can whip it up for you. And they also have quite a few very nice craft beers. If you're into Bloody Marys (and I am), they're famous for their Bloody Mary bar—when you order a Bloody Mary you get a little check-off ticket of all the things you might want to put in your Bloody Mary—and they don't limit you—if you want some of everything on that list, you can have it—but good luck on having any more than a small part of it actually being IN the cocktail! You can get oysters, bacon, pickled okra, quail eggs, celery, and at least 8 other things—the list is so long I can't remember them all. And it's a delicious Bloody Mary—spicy, but not enough to prevent you from tasting all the yummy goodness.

And speaking of spicy—yes, the food is spicy—but not like what you may have experienced in restaurants that claim to serve Cajun dishes—where they just dump a lot of cayenne pepper in the dish and you can't taste any of the ingredients, much less eat more than bite or two. These folks have a fine hand in seasoning—it's spicy, but you can still taste the classic Cajun "trinity" coming through and all of the wonderful, subtle flavors that make up Creole and Cajun food. If you want it hotter, there's always hot sauce on the table, which is how we do it back home.



Their classic dishes are the closest to the ones my family has made back in South Louisiana, going back at least to the 1800's, if not earlier. Nothing I have ever had at any Creole/Cajun restaurant in the area comes close. They smoke all their meats on-site (andouille, Acadian bacon, shrimp and duck sausage, tasso, and so forth), and use only natural ingredients, no MSG or nitrates, and work with local butchers and farmers to source as much local food as possible.



Special dishes change nearly every day of the week—you never know what the chef is going to cook up—besides, of course, the wonderful staples like crawfish etouffee, chicken and andouille gumbo, authentic New Orleans red beans and rice, and several kinds of po-boys. The po-boys are also a must-get—the bread on a po-boy is critically important, and they import theirs from a famous South Louisiana bakery—fresh, lightly crusty on the outside and soft on the inside, and not real "bread" which allows the fillings to shine through. Po-boy choices include fried shrimp, fried oysters (or both on one po-boy), creole shrimp sausage (which I actually had on their version of Eggs Benedict at brunch, and it was amazing), smoked pork, Cajun sausage, and even a veggie po-boy for you vegetarians. And that's not the complete po-boy list.

The last couple of weeks their specials have included (a) gator sausage, grits, sauce piquant, and local asparagus, (b) fried flounder and shrimp with smoked slaw, and oyster stew. And if you can't make up your mind, they have an Acadian sampler so you can get the gumbo, etouffee AND red beans. They have Thursday jambalaya night and often have Oyster Happy Hour or buy-one-get-one oysters on the half shell.

Oh, and I almost forgot—you must get the Cajun maque choux (pronounced "mock shoe"—sort of a fresh corn chowder, but way, way better)—theirs is spectacular. We just wish we lived close enough to eat there 3 or 4 times a week!"