

Ever Wonder Why We Carve Pumpkins?

Well, so did we! After a little research, here's what we discovered:

The history of carving Jack O'Lanterns begins with the Irish legend of Stingy Jack, who invites the Devil to have a drink with him, but doesn't want to pay for the spirits, so he convinces the Devil to turn into a coin and 'pay' for the drink. Instead of paying with that coin, however, Jack puts it beside a cross, trapping the Devil in that form. Eventually, Jack agrees to free the Devil under the conditions that the Devil not bother him for one year and, when Jack dies, the Devil can't claim his soul.

The next year, Jack tricks the Devil again, convincing it to climb a tree for a piece of fruit. While the Devil is up there, Jack carves a cross into the trunk so it can't climb down. To escape, the Devil agrees to leave Jack alone for 10 years and re-iterates its promises not to take Jack's soul.

When Jack eventually dies, God decides that due to his trickery, the man won't be allowed into heaven; he can't go to hell, however, because the Devil agreed not to take his soul. Instead, the Devil sends Jack wandering into the night with just a piece of burning coal; eventually, Jack puts the coal into a carved-out turnip to light his way. Today, apparently, we use carved pumpkins to recall Jack's lantern as he wanders the night.



Tanglewood Foot Specialists Receives Top Honors at Top Practices Conference

Dr. Schneider and the Tanglewood Foot Specialists marketing team had the privilege of attending the Top Practices podiatry conference in Caesar's Palace, Las Vegas, last month. In addition to learning some valuable new ways to better serve our patients, our team also competed for the prestigious Marketer of the Year award.

It is with great pride that we share the news of our team winning first prize! In the coming months, we'll welcome Top Practices CEO Rem Jackson to our office for another enlightening session to make our practice even stronger! Congratulations to Dr. Schneider, Julia Watterson and Jordana White for all their hard work!



Help For Office Manager Yessica Torres

During the tragic flooding of Hurricane Harvey, a member of our Tanglewood Foot Specialists team suffered a serious loss. Yessica Torres and her family had 8 feet of water inside their home; outside, water covered their roof. Just weeks before welcoming her second child, baby boy Jace, Yessica was told her home was not salvageable and now she, her partner, JC and their 4-year-old son Jayden are living in one room of her mother's home.

Since so many of you have asked how you can help, or have already generously donated, we wanted to update you on what the family still needs. All donations can be brought or mailed to our office.

Items needed:

- Diapers (Size 1 and up)
- Wipes
- Visa/Amazon gift cards

A gofund me account with the following link has also been set up for the family:

<https://www.gofundme.com/flood-victims-baby-2-due-sep-27>



Replace Halloween Candy With These Non-Food Options

Halloween candy is already littering the shelves of every grocery store, but there are plenty of children who can't indulge in sugary treats even on October 31st. To keep them included in seasonal celebrations, try one of these 25 candy-free alternatives:

1. Bubbles
2. Glow sticks, necklaces, wands, glasses
3. Stickers
4. Pencils
5. Pencil toppers
6. Organic Juice Boxes
7. Cool tattoo/character bandaids
8. Mini crayon packs
9. Mini Play-Doh
10. Hair bows, barrettes, clips
11. Erasers
12. Mini slinkies
13. Bouncy balls
14. Mini nail polish
15. Temporary tattoos (Halloween themed or popular characters)
16. Spider rings
17. Mini bottles of water
18. Mini plastic army guys
19. Hot Wheels or Matchbox cars
20. Plastic vampire fangs
21. Whistles/other annoying noise makers
22. Mini rubber stamps
23. Mini water squirt guns
24. Fake jewelry (rings, necklaces, bracelets)
25. Toothbrushes



One of the most serious and SCARY diabetic complications are foot ulcers!

It's fairly simple to prevent these ulcers from forming. Here are 3 ways to keep this life threatening condition at bay:

1. Choose the right footwear

If you have diabetes you must avoid tight shoes pressure on the feet is a common cause of complications. Always wear comfortable shoes that have good cushioning and enough space for your toes but beware of shoes that are too loose, as they may rub and cause blisters. Good socks are equally important, as poorly made socks can also rub against your feet and cause cuts or blisters. Diabetic socks are best they have very few seams and come with cushioning to protect feet from irritation. These socks also have loose fitting tops to help promote circulation in the legs and feet.

2. Keep feet clean

Carefully wash your feet daily with mild soap and water and dry them with a towel. Before they dry completely, apply a moisturizer to help prevent dryness this can lead to cracking which, in turn, can allow ulcer causing bacteria to get in and under your skin.

3. Check your feet daily

Some diabetics experience neuropathy, impairing sensation in the feet and legs. People with diabetic neuropathy may not notice injuries to their feet immediately. Unfortunately, neglecting even small wounds on the feet can lead to more serious infections. If you can't see every part of your foot, get help from a mirror or a friend or loved one. You should also schedule regular visits with your podiatrist to make sure your foot health stays on track.

There are no guarantees in life, but following the basic principles of diabetic foot care will go a long way towards preventing ulcers.

Tanglewood Foot Specialists

Advanced care with a compassionate touch

Tanglewood Foot Specialists
1011 Augusta, Suite 202
Houston, TX 77057

713-785-7881
TanglewoodFootSpecialists.com

Find Us On Instagram!

We're getting extra social at Tanglewood Foot Specialists! Last month, we also launched our new Instagram account, [tanglewoodfootspecialists](https://www.instagram.com/tanglewoodfootspecialists). Follow us for running inspiration, unique recipe ideas, kids foot care tips, video and a whole lot of content you won't find anywhere else.

Catch Dr. Schneider Live on Facebook!

In a continued effort to connect with our Tanglewood Foot Specialists family, Dr. Schneider has kicked off a new Facebook Live web series. Every Friday, check out our Facebook page ([Facebook.com/HoustonPodiatrist](https://www.facebook.com/HoustonPodiatrist)) for Dr. Schneider's thoughts on everything from the latest weather phenomenon to protecting your children's feet during bike rides! If you have a topic suggestion for an upcoming Live! session, have a question you'd like to get answered or would even like to be featured in an upcoming video, reach out and let us know! Contact Jordana@tanglewoodfootspecialists.com

Sudoku Corner

8		1					7	
		3	8	7			2	
5	7			4				
3				2			8	
1	5	8		6				
		7		8	5	3		
2		6		1		7		
9	8		7				1	2
	1		2	5		9		

August's Answers:

6	3	7	8	5	9	4	1	2
8	5	1	2	4	6	9	3	7
9	2	4	3	7	1	6	8	5
2	7	3	9	6	8	1	5	4
5	4	9	7	1	2	3	6	8
1	6	8	5	3	4	7	2	9
7	1	5	4	8	3	2	9	6
4	9	6	1	2	5	8	7	3
3	8	2	6	9	7	5	4	1

From the desk of Dr. Andrew Schneider:

Thank you for taking the time to read our September 2017 newsletter. Our goal is to keep you informed and entertained each month. Please feel free to pass this newsletter along to a friend or loved one who you think may benefit from the information.

Even better, if you would like someone subscribed for future editions, just let us know! They can subscribe easily online at www.TanglewoodFootSpecialists.com

