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## FEATURED ARTICLES

### Feel Better and Look Better This Summer

Summer is precious, but some foot and ankle problems can keep you from making the most of it. If you're hiding your feet in hot, restrictive shoes due to **damaged nails**, or skipping the beach because of **painful plantar warts**, you might not enjoy boating on Lake Winnepesaukee.



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### Best Footwear for Summer Festivals, Theme Parks, and Travel



Summer is the season for vacations, concerts, amusement parks, long walks, and weekend adventures. Unfortunately, it is also one of the busiest times of year for foot pain. Many people spend entire days walking in shoes that were never designed for hours of standing, heat, and activity.

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### Why Foot Problems Often Flare Up in July

For many people, July is filled with vacations, outdoor activities, pool days, travel, and long hours spent on their feet. While summer is meant to be relaxing, podiatrists often see an increase in foot problems during this time of year.



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## RECIPE OF THE MONTH



[Click Here for the Full Recipe](#)

Recipe courtesy of [thepioneerwoman.com](http://thepioneerwoman.com)

## What's Happening in and Around Stratham, NH

### July 2 & 3

[Portsmouth 250th Extravaganza](#)

Portsmouth, NH

### July 12

[Zorvino Wine Run 5k](#)

Sandown, NH

### July 17 - 19

[Stratham 4-H Festival](#)

Stratham, NH

### July 21 & 28

[Salsa in the Park](#)

Stratham Hill Park, Stratham, NH

### July 22

[Hayde Bluegrass Orchestra](#)

The Word Barn Meadow  
Exeter, NH

### August 13

[Exeter Summer Concert Series - Moon Boot Lover](#)

Swasey Parkway, Exeter, NH

### August 30

[Sunday Supper in the Word Barn Meadow](#)

The Word Barn, Exeter, NH

### September 3 - 7

[Hopkinton State Fair](#)

Contoocook, NH

### September 19

[Exeter Fall Equinox Festival](#)

Swasey Parkway, Exeter, NH

### September 20

[Craft Fair on the Farm](#)

Saltonstall Farm, Stratham, NH

### September 27

[Celebrate Pink 5k Run & Walk](#)

Portsmouth Middle School  
Portsmouth, NH

## MEET OUR DOCTOR



DR. JIM DOLAN  
PODIATRIST

## MEET OUR STAFF



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