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In Step

Autumn Care for Your Feet

by Dr. Arthur Lukoff, D.P.M.

Flip-flop season is coming to an end. They are the next closest thing to walking around barefoot and, by this time of year, your feet probably show it. Flip-flops are the podiatrist's worst nightmare. These minimum shoes cause cracked and callused areas on your toes and heels. You can soften these hard patches with a homemade foot bath.

Take a small tub of hot water; add a couple of peppermint tea bags, mix in 40 drops of tea tree oil and a handful of mint leaves. Soak your feet for 15 minutes; pat dry and rub in a good exfoliate cream; put on socks just before you go to sleep. There's a product called Calicylic cream that is family-tested (my daughters). It contains salicylic acid and urea cream, which exfoliates and moisturizes at the same time. A couple of days of this treatment and your skin should be smooth again. ☆

Rondout Valley Growers Receive State Aid

State Senator John Bonacic's office has announced \$7,500 in State funding has been secured to support the *Rondout Valley Growers Association's* community education and promotion efforts.

The *Rondout Valley Growers Association* represents over 30 farms and is a coalition of local growers and concerned citizens. Their main mission is to support farmers and the farming community of the **Rondout Valley** from Ellenville to Kingston. The association provides leadership, resources, education, and promotional opportunities to encourage healthy living and profitable farming.

"Agriculture is an important industry in New York State, particularly in Ulster County and the Rondout Valley. I am pleased to assist the Association by securing State funds for its worthwhile endeavor of providing support to our farming community," stated Senator Bonacic.

Senator Bonacic is also a member of the Task Force for Hudson Valley Fruit Growers, which is working to assist farmers and promote agriculture. ☆