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JUNE 2025

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Superior Foot & Ankle Care Center

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Welcome To Our June Newsletter!

Summer Greetings from Superior Foot & Ankle Care Center!

Summer has officially arrived in Southern California, and we hope you're enjoying the sunshine, longer days, and a little well-deserved relaxation! Here at the office, we've been celebrating some exciting milestones and enjoying time with our families.

Dr. Foley recently celebrated her 25th wedding anniversary with her husband, Tom – congratulations to them on this wonderful milestone! Dr. Ornelas spent a refreshing family vacation exploring Palm Springs and the natural beauty of Joshua Tree. The kids loved swimming at the resort and hiking the big rocks in Joshua Tree!

To help you step into summer with comfort and support, we're offering a **special promotion for the months of June and July: 2 pairs of medical-grade over-the-counter orthotics for just \$110 – a \$30 savings!** It's the perfect time to stock up and keep your feet happy all season long.

Thank you for being part of our podiatry family. Wishing you a healthy, active, and foot-pain-free summer!

Sincerely,
Dr. Ornelas & Dr. Foley

FEATURED ARTICLES

Summer Travel Tips

Summer is the season of adventure, whether you're catching a flight or hitting the road. Amid the excitement of planning outfits, packing bags, and crafting itineraries, there's one vital part of your body that often gets overlooked: your feet.

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Flip-Flops vs. Sandals

When summer arrives, so does the urge to ditch socks and slip into something breezier. For many, that means reaching for a pair of flip-flops or sandals. But while both options help keep feet cool, not all summer footwear is created equal, especially when it comes to foot health.

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MEET OUR DOCTORS

DR. VICTORIA M. FOLEY

DR. CONSTANCE ORNELAS

Read More Here

Hello Summer

RECIPE OF THE MONTH

CORN SALAD

Round out any Mexican-inspired spread or summer cookout with this spicy, fresh corn salad. It's a fresh and flavorful summer side!

Ingredients:

For the chipotle-lime dressing:

- 1/4 cup of sour cream
- 2 Tbsp. mayonnaise
- 2 Tbsp. lime juice
- 2 tsp. hot sauce
- 3/4 tsp. kosher salt
- 1/2 tsp. chipotle chile powder, plus more for garnish
- 1/4 tsp. ground cumin
- 1/4 tsp. black pepper

For the salad:

- 4 large ears of yellow corn, shucked
- 2 plum tomatoes, chopped
- 1 avocado, peeled and chopped
- 1 cup chopped red onion
- 1 jalapeño, stemmed and chopped
- 1/2 cup chopped cilantro, plus leaves for garnish
- 1/2 cup crumbled queso fresco, plus more for garnish
- Lime wedges for serving

Preparation Steps:

- 1. For the chipotle-lime dressing:** In a small bowl, whisk together the sour cream, mayonnaise, lime juice, hot sauce, kosher salt, chipotle chile powder, cumin, black pepper, and 1 tablespoon of water. Set aside.
- 2. For the salad:** Meanwhile, bring a large pot of water to boil over high heat and season generously with salt. Add the ears of corn and boil for 3 minutes. Remove the corn from the pot and let it cool to room temperature. Slice the kernels off the cob. (You should have about 4 cups of corn.)
- 3. In a large bowl,** gently toss together the corn, tomatoes, avocado, red onion, jalapeño, chopped cilantro, and queso fresco. Drizzle with the dressing and toss gently to coat. Sprinkle with more cilantro, queso fresco, and chipotle chile powder. Serve with lime wedges.

Tip: Substitute 4 cups of drained, canned corn for this recipe in place of the fresh corn on the cob.

Recipe courtesy of thepioneerwoman.com

THIS MONTH IN JUNE

INTERESTING DATES

JUNE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

1 National Cancer Survivors' Day

5 World Environment Day

14 National Flag Day

15 Father's Day

19 Juneteenth Day

20 Summer Solstice

HISTORICAL FACTS

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June 8, 1968 – LEGO Patent Filed in the U.S:

LEGO, the beloved toy brand, secured its U.S. patent, bringing joy to generations of children.

★

June 13, 1966 – Miranda Rights Established:

In Miranda v. Arizona, the U.S. Supreme Court ruled that police must inform suspects of their rights — a landmark moment in criminal justice.

★

June 20, 1893 – First Ever Ferris Wheel Debuts:

The original Ferris Wheel opened at the Chicago World's Fair, bringing delight to millions and launching a beloved amusement tradition.

★

June 30, 1953 – First Corvette Rolls Off the Assembly Line:

The iconic American sports car was born, kicking off a legacy of speed and style.

Superior Foot & Ankle Care Center

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MARKETING