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MILESTONES & UPDATES

Ironman Lake Placid

Dr. Lindsey Calligaro and her father are training for Ironman Lake Placid on July 20th. This race holds special significance, as it will be her father's first Ironman and comes just after his 75th birthday on July 12th. We're incredibly proud of his dedication and perseverance! That's not the only celebration—Dr. Calligaro's parents will also celebrate their 50th wedding anniversary on June 15th. Congratulations to them on this incredible milestone!

Check out Dr. Calligaro's race schedule below:

June 15th: Penn State 70.3 - Dr. C (father)
June 21st: 5150 Triathlon - Dr. C (father)
June 22nd: Mt. Tremblant 70.3 - Dr. Lindsey Calligaro
July 20th: Ironman Lake Placid - Dr. Lindsey, Dr. C and Emma (former team member)

We'd love for you to follow their journey and cheer them on! You can track their progress on the Ironman app.

IRONMAN APP
CLICK HERE!

Thank you for being part of our community and celebrating these special moments with us!

Our staff member Lindsey just closed on her first house!

CONGRATS
on your new
HOME

It was great continuing my learning and seeing some familiar faces at the Less Chaos Meeting!

Dr. Subik
Residency director of St Mary's and a colleague of Dr. Calligaro's

Dr. LaPorta
Dr. Calligaro's residency director

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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HELPING LITTLE FEET GROW STRONG!

PROPER FOOT HEALTH HELPS ENSURE KIDS CAN STAY ACTIVE & GROW WITH CONFIDENCE

Help your kids stay pain-free and on track for healthy development! We specialize in treating children with:

- Flat Feet
- Pronation
- Toe Walking
- Severs Disease
- Club Foot
- In-Toeing & Out-Toeing

- Ankle Instability (rolling)
- Frequent Tripping & Falling
- Heel Pain
- Foot Pain
- Metatarsus Adductus (MA)
- Vertical Talus

Early evaluation can make a big difference. If your child is experiencing foot or walking issues, we're here to help!

Call us today to schedule an appointment

MEET OUR DOCTOR

DR. LINDSEY CALLIGARO

Read More Here

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:

- 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.
- 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.)
- 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

- 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 builders.
- 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.

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MARKETING