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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.



Our staff member Lindsey just closed on her first house!

CONGRATS on your new HOME



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

Dr. Subik



Summer Travel Tips

FEATURED ARTICLES

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. **Click Here to Read More**

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. Click Here to Read More



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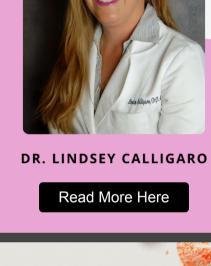
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Ingredients: For the chipotle-lime dressing: For the salad: • 1/4 cup of sour cream 4 large ears of yellow corn, shucked • 2 plum tomatoes, chopped • 2 Tbsp. mayonnaise

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

• 1/2 tsp. chipotle chile powder, • 1/2 cup chopped cilantro, plus plus more for garnish • 1/2 cup crumbled queso fresco, plus • 1/4 tsp. ground cumin • 1/4 tsp. black pepper

- **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.

of corn.)

• 2 Tbsp. lime juice

• 3/4 tsp. kosher salt

• 2 tsp. hot sauce

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

• 1 avocado, peeled and chopped

• 1 jalapeño, stemmed and chopped

• 1 cup chopped red onion

leaves for garnish

more for garnish

Lime wedges for serving

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

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.

INTERESTING DATES

JUNE Mon Tue Wed Thu Fri Sat 5 3

Sun

1

15

30

14 13 10 11 12 15 Father's Day 19 20 17 21 18 19 Juneteenth Day 23 24 26 27 28

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

HISTORICAL FACTS

1 National Cancer Survivors' Day

5 World Environment Day

14 National Flag Day

20 Summer Solstice

2024 Macopin Road, Unit D

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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