JUNE RECAP

And just like that, we’re off and running with a whole new academic year! Welcome to July! June ended with a bang as we welcomed our new interns, both categorical and transitional. Incoming categorical interns joined senior residents and faculty at an Indians baseball game downtown (pictured to the right) and enjoyed good food, company, and cold beer. We also hosted a White Coat ceremony for both incoming classes. We are looking forward to seeing what this new academic year holds. As it’s a new year, our bulletin will have a new look that we hope you all enjoy! As always, please email Drs. Axon or Fick with any contributions (recipes, playlists, book reviews, or restaurants to check out). Don’t forget to follow us on social media (Instagram, Twitter, and Facebook) and use #STVIMWellness or #STVIMResidency so we can see your posts and repost them.

BEST OF INDY
As Chosen by You! (Thank you Dr. Katar for contributing!) If you’re new to Indy or just haven’t tried these places, we recommend it:

- Best Brewery/Bar: Big Lug Canteen & Union 50
- Best Place to Run: Monon Trail
- Best Gym: Orange Theory Fitness & LA Fitness
- Best Hair Salon: G Michael Salon
- Best Thai: Sawasdee & Siam Square
- Best Italian: Mama Carolla’s & Maggiano’s
- Best Brunch: Wild Eggs, Milktooth & Size
- Best Burger: Bru Burger
- Best Coffee Shop: Monon Coffee Company

RECIPE TO TRY
It’s summertime and that means backyard barbecues! If you’re invited to one, try this recipe for fresh corn salad - it’s a great recipe to keep in your back pocket for those unexpected BBQ invites. Recipe by Ina Garten and beloved by many!

Ingredients:
- 5 ears corn, shucked (can use frozen)
- 1/2 cup small-diced red onion
- 3 tablespoons cider vinegar
- 3 tablespoons good olive oil
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 cup chiffonade fresh basil leaves

In a large pot of boiling salted water, cook the corn for 3 minutes until the starchiness is just gone. Drain and immerse it in ice water to stop the cooking and to set the color. When the corn is cool, cut the kernels off the cob, cutting close to the cob.

Toss the kernels in a large bowl with the red onions, vinegar, olive oil, salt, and pepper. Just before serving, toss in the fresh basil. Taste for seasonings and serve cold or at room temperature.

UPCOMING EVENTS
- 7/18 - Thirsty Thursday @ Hopcat
- 7/31 - St Vincent House Volunteering
- 10/6 - Family Picnic @ West Park

JULY BIRTHDAYS
- 7/3 - Ying Kei Hui
- 7/27 - Katie Adlam

Interested in contributing? Email us at stvimwellness@gmail.com!
Follow us! IG: @stvimresidency Twitter: @STVIM #stvimwellness
INCOMING CLASS SPOTLIGHTS
July is such an exciting time with the influx of new residents. Here are their names and photos so you can start getting to know everyone!

ST VINCENT RESIDENCY INTERNAL MEDICINE CLASS OF 2022

We welcome our new class of interns, pictured here at our Intern Welcome at Victory Field.

Katherine Adlam (Marian) | Christine Alicea (IU) | Khizer Anees (Shifa COM) | Jacob Brandon (Ross) | Bryant Dawson (Lincoln Memorial) | Kenneth Dexter (Lincoln Memorial) | Zachary Fyffe (U Pikeville) | Stephanie Gleason (Marian) | Emily Mathis (Marian) | Brandon Pearce (Lake Erie COM) | Natalia Reborido (U Uruguay) | Matthew Taylor (Ohio University) | Rachel Wester (U Pikeville) | Rina Yadav (Marian) | Amjed Zidan (Marian)

ST VINCENT RESIDENCY TRANSITIONAL / PRELIMINARY CLASS OF 2020

We also welcome our new class of transitional and preliminary interns, pictured here at their White Coat Ceremony in June.