

Well-come to the Wellness Newsletter!

Welcome to the inaugural issue of "Word to the Well," Pritzker's one and only Wellness Committee newsletter. We hope you will find these publications both informative to your wellness and tickling to your funny bone. Each issue will contain content that highlights the wellness strategies used by students at Pritzker. It will also contain useful tips, strategies, and resources on how to maintain balance in your daily lives. Bear with us as this newsletter develops! We hope to see it evolve in content, aesthetic, and circulation, which in part depends on your submissions to the newsletter. We will call on you all to populate these pages, and we hope that you will holler back.

Your friends in wellness,
The Wellness Committee

Note: Suggestions, critiques, complaints, compliments, pats on the back, love letters, and YGGs are all welcome forms of feedback!

Tip of the Month

The days are getting shorter and darker, which means less sunlight. Fight off the gloomy effects of Seasonal Affective Disorder (SAD) with a happy lamp!



Wellness Spotlight: **KATE ARNOLD, MS1**

"Yoga provides a space where I can temporarily forget about my responsibilities and obligations and simply focus on finding stillness. It gives me time to remember what's important to me and reflect on the big picture, rather than getting bogged down in the day-to-day details and busyness."

"My favorite part about yoga is at the end, during savasana... you lay on your back in silence and stillness for several minutes and reflect on everything you've done... or think about nothing at all. It's a peaceful time that's often lacking during my busy days, and made all the more meaningful by the hard work that precedes it."

"If you want to get into yoga, you should try out the classes I'll be teaching in the BSLC ... my goal is to offer the same relaxation and stress relief that I enjoy in yoga to my classmates."

A Message from Wellness

Thank you to all those who submitted content to the previous issue, and also to those who took the time to read it. We really enjoyed hearing all the feedback, so keep it coming. As you might notice, the newsletter has evolved somewhat since the last issue. For example, it is now called "The Check-Up". Please expect more changes as time progresses and as we learn what works well and what does not. All of the quotes and photos in the newsletter come from you students, so please keep submitting content!

Winter Quarter is upon us, so we have provided recipes, tips, and entertainment to keep you happy and warm when the sun sets and the weather is cold. Enjoy!

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The Wellness Committee

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Tip of the Month

Try to walk 10,000 steps a day! If you've been sitting around studying for more than 20 minutes, go for a quick walk to clear your head and move around a bit.

-Connie Shao, MS2



Wellness Spotlight:

MS1 Ball is Life

"Life is about remembering to take some time to have fun. Balling is fun. Hence, it follows logically that ball is life." -Danny Levine, MS1

"[it's] great because it brings so many [people] in our class together. Anyone can play regardless of ability level which makes it an awesome social gathering in addition to a great workout."

-Mike Harries, MS1

"I make time to ball by making it a priority. Playing basketball is something that is important to me and something that I enjoy, so I always try to ensure that I play at least once a week."

-Balaji Jothishankar, MS1

"Our class is extremely supportive and encouraging both on and off the court. Basketball was a marvelous way to get to know fellow classmates."

-Saket "Swaket" Kumar, MS1

A message from Wellness

Though it is the shortest month of the year, February is not at all short on wellness. Yes, sometimes being outside in the cold will hurt your face, but the harsh winter days are an opportunity for you to warm up with friends with a potluck, or to reconnect with your musical talent that you've been neglecting while the weather was warmer. For some at Pritzker, the cold won't stop them from running outside or from letting the Pritzker team dominate at broomball.

In honor of Valentine's Day, this issue is dedicated to love. As a class we love music, our Pritzker peeps, our furry friends, and even online shopping. We on the Wellness Committee want to celebrate that in this third issue of the Check-Up.

Your friends in wellness,
The Wellness Committee

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Tip of the Month

February is the month of love: don't forget to tell your friends and loved ones how much they mean to you. They know that you appreciate them, but say it out loud!



Wellness Spotlight: Katie Long, G1/M2

"Music has always been an escape and oasis for me. Learning classical music requires a focus and repetition that naturally silences any other thoughts on my mind. Jazz and rock music provide a means for meeting new people, communicating in a way that words simply don't allow, and sharing something raw and intimate. And writing/improvising music alone at the piano is indescribably meditative. Music is simply at the heart of my wellbeing."

"When I was growing up, practicing piano was a chore... The moment I got to college, however, piano became my excuse to step away from problem sets and lab reports. It felt productive. It gave me peace. And it was super fun to play pop songs while my friends sang at the top of their lungs."



A message from Wellness



Spring is here: The birds, squirrels, horses, and humans are all starting their next generations, as evident by all the babies (non-human and human) running/flying around outside and indoors. In honor of this, we are making this the Baby Issue. Here you will find the experiences and advice of families that have started while at Pritzker.

Whether you plan on having a human baby, plant baby (see "Pet of the Month"), or food baby (see Patrick's frittata recipe), we hope you find this advice helpful.

Melany's tip in the Wellness Spotlight can help you win Say Wahhh next week. So, even if babies aren't for you, you can appreciate that baby recognition can get you free beer. Cheers!

Your friends in wellness,
The Wellness Committee

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Tip of the Month

April showers bring May flowers. We're not sure what random cycles of hot and freezing weather bring but hang tight because consistent warmth is around the corner!



Wellness Spotlight:

Melany López

With the impressive ability to identify adults from their baby pics, Melany has never been stumped by Pritzker's weekly Say Wahhh competition.

"My baby face recognition skills 100% come from my dad. As a plastic surgeon he often analyses people's faces... as a kid, I was fascinated by this so I would analyze people's faces with him"

"Sometimes it's just an instant, 'Oh, that's ___' ... Other times, it's a single dominant feature... This one takes me longer, and I need to spend some time with it to narrow down who that prominent feature belongs to. In time, it'll finally click where I've 'seen those eyebrows' before"

"My tip would be to start looking at people's faces and ask yourself 'what stands out to me?' All faces are unique, but there's always a few features that stand out more than most"

"I enjoy Say Wahhh mostly for the moment when I get to tell my dad I somehow did it again. He gets excited for me because it's something he taught me to do"

A message from Wellness

Hang in there! You are almost done with the school year! By now many of us feel like we are running on empty. Don't give up just yet! We challenge you to stay strong until school finishes. In this spirit, this issue of The Check-Up is dedicated to commitment and determination. In these pages you will read about Connie, who has been doing tap since the age of five (along with other activities), fashion advice from the two people most committed to fashion, and even a Pritzker-themed crossword (take a stab at it if you're up for a challenge). If you don't feel the burnt out, and are as rigorous as you were on day one of the school year, then perhaps you can relate to the advice from Dear Stefan.

Your friends in wellness,
The Wellness Committee

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Tip of the Month

The sun's harsh UV rays can damage your eyes as well as your skin. Protect your retinas with polarized sunglasses. Or, if you have corrected vision, invest in some transition lenses!



Connie Shao, MS2

"I started doing tap dance when I was five, along with a slew of other activities that my parents signed me up for so I would be too tired by the end of the day to be too much work"

"I liked tap because my ballet teacher always said I had 'ants in my pants' but in tap class, that was called dancing"

"Tap dancing... is among the best ways to become friends with your neighbors and cultivate a great social life. If it weren't for the noise complaints that it generated, I would never socialize with all the tenants of my building"

We asked Connie what advice she had for someone looking to get into tap dance: "Watch The Rockettes and purchase a lot of red lipstick and bright blue eye shadow. That's all you need for a good tap performance - at least it was in 2007"

We also asked when her next performance would be: "Probably next time I'm waiting in line for something"

A message from Wellness

Welcome back to school everyone, and a happy final days of vacation for the MS2s! As we start a new school year, so does the wellness newsletter begin anew.

MS1s, consider The Check-Up as a personal guide to all facets of wellness. In these pages you will find tips, tricks, and recipes to staying healthy and well. This newsletter is also a place where we show off the many talents of Pritzker students in the hopes of inspiring wellness in others. At the end of every issue, there are several useful links to various Wellness Resources including links to submit ideas for Wellness grants (see: "The Wishing Well"). Pay close attention to the 'Dear Stefan' column this week, you might be able to relate to topic!

Your friends in wellness,
The Wellness Committee

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Tip of the Month

Instead of reaching for a cup of coffee in the morning, try an apple! The natural sugars will wake you up without the jolts and jitters from caffeine. Plus, the fiber and vitamins will help keep you going all day!



Shirlene Obuobi, MS3

Pictured above 'Me and Myself', one of the many pieces of digital art drawn by Shirlene.

"I've been a doodler since I was really young and in middle school watched an embarrassing amount of anime/cartoons... My dad got me a tablet when I was 13 for my birthday, and the rest is history"

"I generally actually prefer drawing with traditional tools, but digital art is so convenient! I can CTRL+X all of my mistakes, it takes like three clicks to change a color if I don't like it, and I don't need a whole drawer of materials. (Plus I can draw in class)"

"If I'm drawing a light-hearted comic, it's usually based on a random joke or moment with friends. I write too, so I tend to draw my characters"

"Producing and finishing an image makes me happy and gives me another way to feel productive. It's very much a stress reliever, plus I can draw while I'm watching TV and not feel like I'm 'wasting time'"

"I don't draw for free anymore... but if you want to give someone a cool gift hit me up!"

A Message from Wellness

Thank you to all of the amazing contributors to this month's edition of The Check-Up. As the end of the quarter is upon us, hopefully this newsletter will offer some solace and wellness to get you all through to the other side (winter break)!

Read on for fun facts on home-brewing, recipes, cute pets, financial wellness, Pritzker domination in intramurals, and the always much anticipated, Dear Stefan column.

REMINDER: keep sharing your wellness ideas with your wellness representatives and keep those requests for wellness grants rolling in! \$100 from Pritzker to stay well with your classmates?

Can it really be that easy and great? Yes. Fill out the form.

Stay well my friends,
Your Wellness Reps



Tip of the Month

Improve your emotional and spiritual wellness by coaching yourself to think positively! Use mindfulness techniques to be aware of ANTs (automatic negative thoughts), and consciously try to think of a positive alternative. Reward yourself for positive thinking!



Wellness Spotlight:

Aaron Smith- Home Brewing

"About 2.5 years ago I was a senior in college and found myself with a fair amount of free time on my hands. I decided I wanted to pick up a hobby, and being that I always enjoyed craft beer, I ordered a home brewing kit online. From the moment I opened the box I was hooked. I was hooked on the idea that you could start with a bag of crushed grains, a handful of bitter green pellets that look like rabbit food, and a packet of yeast that contains 200 billion cells - and after one month of monitoring and anxiously anticipating, you end up with a (hopefully) drinkable beer.

My favorite beers to brew are experimental and utilize unique ingredients to create interesting flavors. For example, last winter I made a milk stout with bourbon soaked oak chips and cacao nibs. In the spring I made a hibiscus wheat orange beer with homegrown hops. And this fall, Julia Finch and I did an American pumpkin pie ale. Apparently I also really like seasons! Brewing beer is my creative outlet. It's my chance to explore new beer styles and bring experimental ideas to fruition. The freedom to create a beer that doesn't exist in stores is liberating. And there's nothing more satisfying than sharing a beer that I'm proud of with a friend.

If you're interested in learning more about homebrewing, join H.O.P.S. (Home Brewers Of Pritzker Society)! Look out for events starting in January."

Cooking with Kathryn

Spaghetti squash is a great alternative if you're in the mood for pasta but are trying to squeeze some extra veggies into your diet. It's easy to prepare and can be mixed with any of your favorite pasta toppings. Here are a few of the nutritious details: rich in B vitamins riboflavin, niacin, thiamin, and folate.

1. Get yourself a spaghetti squash! They're available at most grocery stores. Preheat oven to 375°F.
2. On a cutting board, cut squash into 1 in rings widthwise.
3. Arrange squash rings onto a cook sheet. Drizzle both sides lightly with oil.
4. Cook for 40 minutes. Check squash by seeing how easily you can pierce the skin with a fork. You don't want to overcook your squash, but if it takes a quite a bit of work to get that fork through, leave the squash in for another few minutes.
5. Once removed from oven, let squash sit for a few minutes to cool down. Once cooled, pick up with bare hands or if you are too impatient to actually let it cool down, hold the squash with a pot holder.
6. Using a fork, scrape each ring out into a bowl. You should have long strands of squash that look like spaghetti!
7. Mix or top squash with whatever you like!

Topping Ideas

1. Heat up or make your favorite tomato sauce! Pour over squash, sprinkle some parmesan on there and add some meatballs if you're in the mood. Voila! You have yourself a veggie filled spaghetti and meatballs!
2. Once squash is in serving bowl, mix in a few scoops of pesto with some fresh cut tomatoes, and a sprinkle of parmesan and red pepper flakes for a light bowl of pesto pasta. Add some chicken for a protein boost!

Pet of the Month: Jasmine

Fun Fact: Jasmine can eat a 12 oz steak in less than a minute. Ask M1 John Lee for the link to the video evidence!



A word on Financial Wellness, with Mika Kachman:

If balancing free clinics and shadowing with trying to motivate yourself to learn about GPCRs and GWAS wasn't hard enough, it's very likely that many of you may feel lost or stressed by managing new student loans, navigating your own health insurance, or trying to build credit. The problem here isn't that these topics are more complicated than CNV, but that no one ever taught us about them and just assumed we'd pick it up along the way. But our surveys show that only 12% of college students rate their confidence in managing finances as confident or very confident.¹ 70% don't know how to pay their taxes and 75% don't know how to apply for health insurance.¹

So why are the most common emotions associated with money "stressed" and "confused"?¹ Only 5% of adults currently receive financial education during school, even though 84% of high school students desire more financial education.^{2,3} But don't worry! Many resources are out there to try to solve this problem, including some geared towards doctors such as (<http://whitecoatinvestor.com/>).

If you have any questions or want to learn more about available resources feel free to reach out to me at mkachman@uchicago.edu!

¹ MoneyCoach Inaugural Survey, 2015. ² Visa, 2007. ³ Sallie Mae, 2011

A message from Wellness

Greetings Pritzker,

Welcome to the February edition of the Check-Up! We hope the unseasonably warm weather has brought you joy and Vitamin D. I think the first years learned how we digest vitamin D, but who's to really say.

This edition of the Check-Up has a lot of treats for you: some sultry pictures of pritzkerites climbing a wall (#nobannowall), Noah looking dapper while discussing all things sleep, and a story, nay saga, about Osiris.

There is also another edition of Wellness ESPN, Kooking with Kathryn, Dear Stefan, and some shout-outs about how amazing you all are.

We hope you enjoy!
Your Wellness Reps

Tip of the Month

Imagine: you haven't worked out in weeks, and you find yourself at the BSLC during a free-lunch-less Tuesday. Sound like something that's happened to you? Instead of sitting around for an unproductive hour, bring your gym clothes and head over to Ratner. Ask for a free lock at the front desk to store your school clothes and backpack. Lunch time just became crunch time.



Climbers of Pritzker

"I started climbing in undergrad by being in the right place at the right time. I worked as an employee at the school gym and my roommate was an avid climber, so one time while I was on a slow shift and she was climbing, she decided to acquire a new climbing buddy. One of my favorite aspects of rock climbing is that inherent social component to it. There are things you can do alone, but to really climb up a wall you need to be working with someone and literally trust them with your life. Whether I'm the one on the wall or whether I'm on the ground belaying, I love the relaxing yet focusing task of being synced with someone else. During revisits, I met with Jim, and he actually managed to go climbing that weekend. Although I wasn't able to join him then, it planted the thought in me that finding a regular Pritzker crew to go climbing would be awesome. Now I go 2-3 times a week, and also take advantage of their included yoga and acroyoga classes." —Josef Kushner MS1



"I also began climbing during my undergrad. I always thought climbing was a really cool endeavor and always told myself I would try it, so my sophomore year of college, I joined the Cal climbing club. I met a great group of people, and got to go on some really awesome trips. One of the things I love most about climbing is the culture; everyone is really supportive and easy going. Anytime you're at the gym or the crag you can expect people to offer up advice and help without even asking for it. It also provides a great impetus to go to cool new locations to climb at, you can always expect a good adventure when you go on a climbing trip. Here in Chicago Brooklyn Boulders is a great gym to climb at, they have a bunch of walls and classes, as well as a great area for studying/working. I was excited to find a group at Pritzker who shared my interest in climbing, and we are always looking for more people (experienced and novice) to join us!" —Misha Pakvasa MS1

May 2017

Brought to you by the Pritzker Wellness Committee

A message from Wellness

Hello Pritzker,

Times are a changin'.

We have seen our first 80 degree days that offer a glimpse into what is sure to be another epic Chicago summer. Soon we will be saying goodbye to our beloved MS4s and hello to a whole new class of Pritzkerites.

In these turbulent times, what can we do but fall back on the one and only Wellness Initiative® for stability?

Read on to see who has tied the knot, learn what is happening in the world of sports and art, connect with another Pritzker pet, and garner inspiration for tonight's dinner.

Time to break out the jorts,
Your Wellness Reps



Tip of the Month

The sun is coming out;
time to protect your
skin!

Stock up on some SPF
30 or zinc-based
products today!

#DimersAreForever



Wellness Spotlight: Alicia Canas, MS2

This month we spotlight MS2, Alicia Canas, as she shares a little bit about her life before Pritzker and how she stays connected with her family and culture across the globe.

"I am Puerto Rican and Spanish, and I grew up in Madrid. I moved to the United States for college, and I am now in my sixth year of living abroad."

"It can sometimes be exhausting to be fully immersed in a different culture for a long amount of time. Staying connected with life back at home has really helped me avoid the ups and downs of living alone in a different country. Dance is something that has always been there for me, both in Spain and in the US, and has given me some sense of continuity throughout my transition. As a form of communication, dance can sometimes be a great break from the countless hours I spend speaking in English! Dance has also been a means for personal growth and, specifically flamenco, for sharing many aspects of the Spanish culture I love with others."

"Cooking has also helped me stay connected with life back at home. As good as American food can be, there are some Spanish dishes such as tortilla de patata, gulas, and paella that I just like to eat on a regular basis. I am also very lucky to have friends who like Spanish food and are always happy to cook with me and try new dishes. I had some friends from Pritzker visit me in Madrid and most of what we did was eating! There really is a huge food culture in Spain."



Bottom left: in front of the Roman Aqueduct of Segovia with Emily Skarda, MS2 and Sarah Peters, MS2 after eating cochinitillo (suckling pig).

Left: La Latina, a neighborhood in Madrid, a night we went to get tapas. Molly Imgruet, MS2 is also in this picture.

Bottom right: with Molly taken from the Círculo de Bellas Artes roof terrace in Madrid



November 2017

Brought to you by the Pritzker Wellness Committee

A message from Wellness

Hello Pritzkerinos!

Welcome to another edition of the wellness newsletter- your one stop shop for all things wellness!

Read on for advice, photos, comics, sports, food, compliments, and a cat! There truly is something for everyone.

Be well, <3 your wellness reps

Dear Stefan



Hi Stefan!

I'm a first year here at Pritzker. I love it so far, but I have some sad news... I failed Pelvis (if you know what the ischioanal fossa is, that advice would be great, too). What do you think, Stefan? Am I still destined for greatness? Can I still make it to the Forefront of Medicine™?

Sincerely,
Puzzled in the Pelvis

Dear Puzzled,

While I am not even slightly knowledgeable about pelvic anatomy (I'm going into Peds homie), I have become incredibly well versed in failure in my time at Pritzker. It turns out medical school is HARD, but this is often under-acknowledged, particularly when you're surrounded by brilliant people who can make difficult things look effortless. To prove that you can have missteps and still make it through to the 4th year dream, here is a small selection, in no particular order, of times I have failed in medical school:

- Failed multiple tests in first year
- Couldn't identify which lobe of the liver my attending was pointing at (forgot there were options other than left or right)
- Rejected from innumerable fellowships
- Didn't know the concentration of lactate in lactated Ringer's solution (quote from the resident: "HOW ARE YOU GOING TO PUT THAT IN YOUR PATIENT'S BODY WHEN YOU DON'T EVEN KNOW WHAT IS IN IT?!")
- Fell asleep in class almost every time there were more than 2 hours of lecture
- Over a decade of wrestling and football: 0 black eyes, 0 stitches. 4 years at Pritzker: 2 black eyes, 14 stitches
- Slipped on a sheet in the operating room and flew off my feet like a cartoon before landing flat on my back
- Did not win a single award in any category of the Pritzker Bake Off (I blame Sunny for being too good at baking)
- Couldn't remember the maximum dose of lidocaine when asked by a resident who was in the process of injecting lidocaine into my face
- Tried to pull off a man bun

No matter how smart you are or how much success you have had up to now, you will not make it through medical school without encountering a number of failures; all you can do is learn from them. So don't panic if you don't always succeed the first time, and just try to enjoy the constant learning process that is medical school as much as possible. And most importantly, always always remember that the concentration of lactate in lactated Ringer's is 28 mmol/liter.

Sincerely,

Stefan (MS4)

FEBRUARY 2018

A MESSAGE FROM WELLNESS

Pritzker Family,

Welcome back to *The Check-Up*, where we feature up close looks into the lives of our classmates, offer insider tips to boost your wellness game, and answer questions submitted from readers like you!

Certainly a lot has happened since our last issue: we dodged balls, baked off, Beat the Blues, and our newsletter even received a facelift courtesy of Russell Simons, MS1 (did somebody say plastic surgery?). Only time will tell what the future holds, but in the meantime read on to find out what's in this latest edition.

Be well,
The Wellness Committee

Wellness Insight:
"Foggy weather
makes for good runs
along the lakefront."
Annie Zhang, Queen
of Catan

WELLNESS SPOTLIGHT

Xander Kerman, MS1

"Brazilian jiu-jitsu is a grappling sport and martial art with a big emphasis on sparring every practice. I have been doing it for about four years and I love it because it helps keep me grounded (pun intended) and focused. It is pretty tough to be worried about studying or the next assignment when you're trying to avoid getting choked or gasping for air after a tough round of rolling (i.e. sparring).

I got introduced to BJJ by a friend from my squash team who had tried it a few times. He had been a competitive chess player when he was younger, and he compared it to a full contact cross between chess and squash. After my first class, I don't think he described it completely at all, but I was hooked.

In some ways BJJ is analogous to chess in that it is very positional and tactical, but people rolling do not resemble the rigid linear movements of the pieces on a chess board at all. When you're sparring in BJJ, the last thing you want to do is try to force anything head on—you constantly need to change angles to maximize your leverages.

What I love most about BJJ is its flexibility and the way it allows for creativity. It's fundamentally different than other martial arts because there is no right or wrong way to do basically anything. Rather than exemplifying strict technical expertise, the best BJJ athletes are often the most creative and least orthodox competitors. I help teach the University of Chicago Brazilian Jiu-Jitsu Club and I constantly tell people that they have to learn what works for their specific bodies and strategies. I love BJJ because anybody can get good at it if they put in the time and effort."

DEFINING THE RELATIONSHIP

The season of love is upon us. Whether you are coupled up, singling and mingling, or taking time to date yourself, we all have questions about dating in medical school. Here to help are 3 unique perspectives:

JILL BARANOWSKI, MS1, WIFE

What's it like being married in medical school?

5/5 stars. I love having a built in best friend, sounding board, and all around support system.

How did you meet your significant other?

We met in high school physics class. I may have let him think that I needed a little extra help so he would study with me after school.

Details about your first date?

We double dated with one of my best friends. It was a pretty typical high school date = dinner + watching a movie in my friend's basement.

Ideal Friday night?

The Cove.

What are your Valentine's Day plans?

I think we'll probably just stay in, make a nice dinner, and open a bottle of wine.

What three words best describe your wedding day?

Snow. Smiles. Sacred.

Big spoon or little spoon?

Little.

NICK ANTOS, MS1, BOYFRIEND

How is dating in medical school?

It's been great! Being close with someone who isn't in medicine keeps me grounded and provides much-needed perspective.

How did you meet your significant other?

We met in a social science class three years ago my sophomore year of college. I tried asking him out in person but I was too awkward and ended up just messaging him on Facebook. I actually swiped right on his profile on Tinder but I don't think we matched....

Details about your first date?

Coffee date at Plein Air! You gotta make them think that you're hip (even when you're not) #whatisalatte

Ideal Friday night?

Dinner at a restaurant on the south side then board games (and if I'm feeling ~w i l d~ maybe a glass of wine!)

What are your Valentine's Day plans?

Probably getting a roasted duck somewhere (maybe at the Duck Inn).

Do you see yourself ever getting married? If so, when would be ideal?

Yes, probably sometime in residency/thereafter.

Big spoon or little spoon?

Big spoon.

MARK DAPASH, MS1, ON THE MARKET

How's the single life treating you?

Single life in medical school is not bad, although rumor has it Russell might have a dating app workshop. I may sign up haha

Do you believe in love at first sight?

You know I never believed in that. But just today, in fact, I went to Au Cheval for the first time. All I can say is that when they brought me my food I may have fallen in love.

Can you tell me about your last date?

The last date I was on I tried to do something new and go ice skating. I quickly learned that talking to someone is hard when you're on the ground most of the time. Long story short, it was interesting.

What's your ideal Friday night?

My ideal Friday night begins watching some NBA basketball while eating a home-cooked meal. Then getting a group together and going to out to the only spot to go to — Slippery Slope.

What are your Valentine's Day plans?

When is that again? I think I'll be finishing up my SRP application because my real love is research.

What three words come to mind when you hear the word "marriage"?

To be determined.

Big spoon or little spoon?

I more of a big spoon person.

COOKING WITH THE (DAVID) COOK

David Cook, MS1



CHICKEN WITH GOAT CHEESE & BASIL

This is my easiest go-to dinner recipe. It's fast, it's cheap, and it is some of the yummiest chicken you'll ever have. The chicken skin and the olive oil rub keeps the chicken breast moist, so it doesn't get jerky-tough like most baked chicken breasts do. I've served these for dinner parties to an impressed table of 20 guests, but I've also made a pile of them and frozen them as meal prep just for myself. When I want to eat one, I pull it out in the morning before class and it's ready to be put in the oven when I get home!

Serves 4 to 6:

- 6 bone-in chicken breasts, skin on
- 8 to 10 ounces goat cheese, such as Montrachet
- 6 large fresh basil leaves
- Good olive oil
- Kosher salt and freshly ground black pepper

1. Preheat the oven to 375 degrees.
2. Place the chicken breasts on a sheet pan. Loosen the skin from the meat with your fingers, leaving one side attached.
3. Cut the goat cheese into 1/2-inch- thick slices and place 1 or 2 slices plus a large basil leaf under the skin of each chicken breast. Pull the skin over as much of the meat as possible so the chicken won't dry out.
4. With your fingers, rub each piece with olive oil, and sprinkle them very generously with salt and pepper.
5. Bake the chicken for 35 to 40 minutes, until the skin is lightly browned and the chicken is just cooked through. Serve hot or at room temperature.

Adapted from: *Barefoot Contessa At Home*, Ina Garten, 2006

David addendums: The stuffing ingredients can be swapped out while maintaining the recipe structure if you're in the mood for something different! A few variations I recommend:

- Pick a flavored goat cheese (herbed, or onion and chives). Add a few sun-dried tomatoes.
- Dairy-free? Use a lemon slice, shaved shallots, fresh thyme. Add some lemon juice to the olive oil before rubbing.
- If you're a fan of salty/sweet, stuff with Cambozola (a cross between bleu and brie cheeses) and a dollop of nice raspberry jam

SIDE GREENS SALAD

Get a nice mix of spring greens, frisée for texture, and baby kale for a little bitterness. Add some chopped grape tomatoes or fresh cucumbers if you'd like. The Dijon acts as an emulsifier for the oil and balsamic to give this dressing some weight. Keep a jar of this in your fridge – it's good for months!

- 1/4 cup olive oil
- 3 T balsamic vinegar
- 1 T Dijon mustard
- Pinch kosher salt and freshly ground black pepper



BULKING SEASON

Sean Pirkle, MS1

Sticking to a New Year's Resolution is hard, but it doesn't have to be. Thanks to the efforts of Abena Sampong, MS1, an ambitious group called Fitzker has hit Ratner by storm. They are always welcoming new members so be sure to reach out if you like friendship and muscles. Pictured here is the newest installment of "Glamour Muscles," featuring one of Fitzker's founding members.



"I started working out because I was always pretty skinny and it wasn't too hard to body me off of the ball in soccer. Of course, there was also the superficial aspect. However, it quickly became a part of my daily routine because I enjoyed the improvements in my strength and every day life. I think I have been able to stay motivated during my time lifting because I find happiness in achieving reasonable short-term goals and don't over exert myself trying to live on an unrealistic diet. Another way that I've managed to stay dedicated is by working out with people who hold me accountable and make the gym an enjoyable environment (shout out to Jim and Adrian)." - Octavio Herrera, MS1

While Octavio appreciates tangible improvements in his physical and mental wellness, I go to the gym just so I can scream in public without getting weird looks. Whatever your motivation, here are a few words to help you "flex" on your new gym buddies over at Fitzker:

Yolked: Like an egg yolk, it's all about protein. And protein makes you huge.

Ex. "I'm trying to get yolked for spring break. Check out this mirror pic."

Pump: To lift.

Ex. "Lemme just get a quick pump and I'll meet you at Jimmy's later."

Shredded: The state of having extremely defined muscles.

Ex. "Erector spinae? More like erect my spinae. Your back muscles are shredded!" (Sorry)

Creatine: A pre-workout supplement used to boost energy levels and muscle mass.

Ex. "Yo, my arms look great but I'm pooping straight creatine."

Wellness Spin:

"Getting the flu allowed me to catch up on sleep."

Ryan Judd, flu victim

Wellness Tidbit:

"I've recently started taking more baths."

James Paik, button wearer

PET OF THE MONTH

Sarah Follman, MS1

Hi, my name is Ellie. I'm a 1-year old poodle, maltese mix. You can tell I'm still a young puppy because I have boundless puppy energy. Sometimes I can be a lot of work, especially as a high-energy pup with a fondness for trips outside at 3am. Despite this, my human pal says I am well worth it. She credits me with helping her stay committed to wellness and positivity. She tells me that my happiness and unconditional love help to make her more resilient. She says the challenging times are less painful and the happy times are all the happier.

Aside from tending to my human friend and keeping her in-check, my favorite activities include: chasing squirrels and bunnies around Promontory Point, adding sticks to my stick shredding enterprise, playing fetch in the hallways, enticing strangers to give me belly-rubs, playing tug of war, and sitting in the windowsill for hours on end looking out at the world. If you ever come to the Shoreland, there is a good chance you'll see me peering out to greet you.

Probably my favorite thing in the world is meeting new human and animal friends. (I even love cats, although they don't always reciprocate.) I truly have never met a person or another animal that I didn't want to smother with love, and I have a characteristic enthusiasm for accosting everyone I see with vigorous hugs and kisses. If I ever have the pleasure of meeting you, I hope you let me share all the love I have with you. Also, if you are willing to indulge me, belly rubs are truly amazing and I would really love one from you!

If you ever see me, please come say hello! For more pictures and videos of my adventures I'm on Instagram as @Ellie_Mae_the_Maltipoo.



Wellness Tip:

"Greenify your room
to brighten your home.

Is greenify a word?"

Ben Yang, owner of
many brewery t-shirts



Winter quarter intramurals: the time when the physically uncoordinated, but arguably most intense students come out to play a variety of “sports” and also basketball. We get it, this time is weird for the intramural coordinators—they realize March Madness is the only sports related thing that gets most people hyped in the winter, but they also realize they work at UChicago where students don’t necessarily fit the mold of “most people,” and the real hype surrounds the IM sports of euchre, spades, and ping pong. Disappointingly at Pritzker, we are pretty basic and only signed up for the very generic sports of indoor soccer, basketball, and broomball. That said, winter quarter IM’s have been just as fun and successful as ever! As we all approach playoffs, here are the quick facts you should know:

Wellness Lesson:

“Don’t take Uber Pool to a first date.”
Jason Castaneda,
surprisingly good
dancer

Indoor soccer

On the coed soccer pitch, Pritzker FC has faced a wicked fight for the team’s first play-off berth. Despite two consecutive losses, the team rebounded from its midseason woes with a convincing 9-3 victory last Sunday. Now boasting an impressive 2-2 record, this scrappy crew of footballers hopes to make a deep post-season run. One highlight is Pritzker’s multi-sport powerhouse, Beverly Kyalwazi, who notched yet another goal last week via a pure right-footed strike to the back of the old onion bag (aka the goal). In addition to the blossoming freshmen talent, the squad has a healthy cohort of geriatric leaders, including MS4s Luai “Le Maestro” Zakaria and Eric “Coach K” Kulenkamp, as well as the MS3 unicorn, “Fish” (real name unknown), who has been skipping his surgery rotation to desecrate opponents with his slippery moves on the ball. When asked about his thoughts going into the upcoming playoff fight, Coach Antos (MS1) simply extended his limber right leg into the air and pointed to his exquisitely toned gastrocnemius.

Basketball

In men’s basketball, Nothin but Netters has been tearing up the court with a record of 3-0. The highlight of their season came in a double overtime victory against BSD. The comeback began in the second half when Hendrick Glauninger went on fire from the 3-point line, scoring more in 30 seconds than the entire team did in the first half. The real heroic moment, though, came when an unnamed BSD player nearly airballed the potentially game-winning freethrow, Mark Dapash simply looked at him and said “watch and learn” before draining both of his freethrows to end the game. #nothinbutnetters. The other men’s team, YOLO (unclear how this name was decided), has a record of 1-2 and has officially declared themselves the “JV” team. They beat BSD in regulation. The co-ed team, Hoops of Henle, is 3-0 and might as well be in a league of their own. They almost scored 100 points in one game, but settled for 64 points because they didn’t want to make the other team cry. It is truly an unfair match up, though, when Pritzker is playing with three former female college basketball stars, and the other teams’ girls are not quite sure if they are on offense or defense at any given moment.

Broomball

Now, this is the sport to be on the lookout for in the coming weeks. Pritzker really showed up for broomball this year, enlisting 3 teams from 3 different classes. “Emergency Broom,” the MS1 team, has a 3-0 record, with threatening shot-taker Maya Krasnow leading the offense and goalie Jesse Siegel holding all opponents scoreless. The MS2 team, the “Pritzker M2s,” also boasts a record of 3-0, landing the first seed in playoffs after scoring a whopping 8 goals in the regular season. Finally, Pritzker’s M4 squad, “Phnx Cup My BrmBalz,” has a record of 2-1, taking their only loss from the dominating “Pritzker M2s.” For what they may have been lacking in skill that night, they destroy the “Pritzker M2s” in name creativity.

DEAR STEFAN

Stefan Breitling, MS4

Q: "Hey Stefan. I've got a bit of a conundrum. So there's this guy (non-Pritzker) I've been emailing, and I feel like the emails are pretty flirty. I don't mean to be gender biased, but I feel like guys don't usually use exclamation points unless they're into someone, and this guy uses them so much! Does that mean he's into me? Or do you think he's just excited about the project we're working on together? Do you think I should make a move? If so, what's the best way to go about it?"

A: Be careful reading too much into punctuation. I know that my use of exclamation points is directly proportional to how far behind I am on whatever task it is I'm emailing about, which is why my last email to the S&D team contained the phrase "Thanks so much for reaching out!! Data collection is going great!!!" With that said, if you're feeling the vibes, then you should definitely make a move. The first step to getting to know them is to get them off campus, so ask if you can meet up to do some work at one of the coffee places on 53rd street (Café 53 is a nice option). Then, once you're finished with the project, casually mention that you've been craving Harold's recently; there is no faster way to form a connection with someone than eating fried chicken together. And if he doesn't immediately offer to take you to Harold's, drop him on the spot; life is too precious to waste on people who won't buy you a half dark special with hot sauce.

Sincerely,
Stefan



Q: "Stefan, how do I structure my workout regimen to look like you?"

A: You shouldn't try to look like me. Not because you won't succeed, but because if you do, it's incredibly annoying and inconvenient for day to day life. Finding scrubs that fit properly is impossible, trying to ride in the backseat of a car is a nightmare, and you have to constantly apologize for running into people every time you attempt to pass through a crowd. To make it worse, I'm not even strong or in shape at this point, my adipose tissue just formed in the shape of skeletal muscle after I finished playing competitive sports; my current athletic claim to fame is being the 10th best player on the Pritzker intramural basketball team.

With that said, if you are committed to pursuing this wearisome lifestyle, you should seek out the man who currently holds the title of "Strongest Pritzker Student": Mat Schnorenburg, MSTP. He is off completing his PhD at the moment, but legend has it that if you wander the halls of GCIS while rattling a protein shaker in each hand and chanting "I am one with the gains and the gains are with me", you can summon him and ask to become his pupil in the ancient martial art of Cross-Fit. Just don't blame me when your sleeves are too tight and no one wants you in their Uber. They may be called gains, but they come at a great cost.

Sincerely,
Stefan

WELLNESS SHOUT-OUTS

- Sarah Heimberger:*** You open your heart and your kitchen to the people, and this keeps me well.
- Evan Braithwaite:*** You keep perspective on life, and remind me to do the same. Thanks!
- Hannah Pursley:*** You're the best listener. And a wise owl.
- Ijezie Ikwuezunma:*** I love your questions and your genuine curiosity. You make us all feel sane in class for speaking our minds! Thank you for being you, and for having a big heart too.
- Hannah Caldwell:*** You are an honest, loving person and I appreciate your ability to support other people!
- Liesl Schroedl:*** I love your smile!! Thanks for always giving me a genuine hello.

UPCOMING WELLNESS EVENTS

Roll into Spring

Spring Picnic

✓ **THE CHECK-UP**

PRITZKER'S WELLNESS NEWSLETTER



MAY 2018

A MESSAGE FROM WELLNESS

Pritzker Family,

Welcome back to The Check Up, your one stop shop for all things Wellness. Looking back at what we have accomplished together, I cannot help but smile. Since our last issue, we explored the restaurant scene in Chicago, bought a brand new used ping pong table, hosted a revisit weekend for the ages, climbed a really high rock wall, and picnicked our stomachs out. And on top of all that, warm weather is finally here to stay.

I know this time of year things sure are changing quickly, and I have the feeling that we could all benefit from stepping back, taking a breath, and reflecting on our growth mindset™. As such, with this edition, perhaps you'll notice that unlike previous newsletters, the spring edition has a theme: GROWTH. We hope that in this newsletter you will find support in all of your endeavors, tips to help you tackle the latest challenge in your life, and inspiration from some of the people who make Pritzker, well, Pritzker. Read on to find out what's inside!

Love,
The Wellness Committee

TABLE OF CONTENTS

Wellness Spotlight.....	2
Simple Joys.....	3
Cooking with the Cook.....	4
Summer Bucket List.....	5, 6
Pet of the Month.....	7
Wellness ESPN.....	8
I Need a Doctor.....	9
Dear Stefan.....	10
Wellness Shout-Outs.....	11

Wellness Hack:

"For an inconspicuous exit, turn off the lights before leaving the bathroom."

- Russell Simons,
archetype of a
New Yorker

WELLNESS SPOTLIGHT: DR. WOODRUFF

In one of my favorite books, Thoreau wrote “Most men ... are so occupied with the factitious cares and superfluously coarse labors of life that its inner fruits cannot be plucked by them.” These words explain why I have very deliberately chosen ... to grow fruit!

Just 70 miles from campus, the Woodruff-Vela family has created a “homestead”: woods, a prairie, a garden, a little house and several small orchards. We consider ourselves fortunate to have the best of two worlds. In Chicago, we exercise our vocations. In Michigan, we recharge and explore our passions.

One of these passions is orcharding. This was not a prepackaged passion; it was cultivated over the last decade and grew out of projects such as a vegetable garden, butterfly and bird watching, and the creation of a native grass prairie.

The orchard is a borderland where the majesty of nature encounters the industry of humans. It represents a symbiotic relationship between man and tree. Each fruit variety is cloned from a genetically unique tree and would not persist without the persistent self-serving attention of humans.

My orchard has old and uncommon varieties, for example George Washington’s favorite apple (Newton Pippin) or Benjamin Franklin’s favorite pear (Seckel). My personal favorite is the Junaluska apple tree. This Southern variety was discovered by Cherokee Chief Junaluska who once saved Andrew Jackson’s life in battle. Years later, President Jackson “repaid” this deed by sending Junaluska and his people West on the Trail of Tears. The variety was considered extinct for almost a century until it was recently re-discovered on an old Southern farmstead. Trees tell stories we should not forget.

Sun, exercise, and a beautiful landscape...wild flowers live between my trees. You could call it work, but that’s not the way to see it. It’s fodder for reflection and a challenge to grow, with the gift of fruit to boot.

[To catch a taste of the Woodruff-Vela prairie and orchard, visit Dr. Woodruff’s YouTube channel: “The Prairie Orchard”, or maybe come for a visit?]



SIMPLE JOYS

Sean Pirkle, MS1

For a few days this quarter, I asked medical students about the little things in life that they are thankful for, those amusing splotches of color on a backdrop that can at times feel black and white. I asked for elements of their days that make their hearts content, that bring them a purity of emotion that can only be gained from the beauty in the world that often goes unnoticed. Here is what they had to say:

waking up before the alarm so
you can go back to sleep

eating breakfast

popping open a Lacriox
with dinner

finding short
stemmed broccoli

scrolling through Twitter
whilst pooping

when parents visit and buy dinner

Revisit 2017 filet

puppies

Bowman Society shrimp

closing out tabs after an exam

a clean apartment

Hunter's carrot cake

a freshly made bed

when Jill swims with
you in the morning

whenever Steve says "this is
an outrage"

finding a good fascial plane

when Dr. Vela brings us bagels

when the 171 comes right when you get to the
stop (or even when the 171 comes at all)

walking into wellness when
Hannah and Nick are jamming

finding money in an old jacket

rubbing my eyes for a
really long time

hitting side net in soccer

seeing someone you
know at the gym

Dr. Marcangelo absolutely
roasting Cyrus in class

being person 0 for clapping in class

grinding on Tatiana at HQ

the smell of freshly cut grass

my slow cooker

when Lea picks you up from a revisit even
(including that one rando revisitor who
thought she was an Uber driver)

when your neighbor makes you dinner

clean laundry

watching Gena try to climb
onto an elevated surface

when they still give you a free towel at Ratner
even though Jason ruined it for everyone

when lecture gets
out early

WHAT ARE YOUR SIMPLE JOYS?

COOKING WITH THE (DAVID) COOK

David Cook, MS1



Betcha-Can't-Eat-Just-One Spinach & Cheddar Burgers

Makes 1 dozen burgers

This term's recipe is the perfect dish to spice up your summer backyard BBQs. Everyone loves burgers – let's take your burger to the next level.

For 2 ½ pounds ground beef:

1 (10oz) package thawed & well-drained chopped spinach
3 large handfuls dried bread crumbs (unseasoned)
3 eggs
½ lb grated sharp cheddar cheese
3 cloves garlic, chopped
Salt and pepper to taste

Mix all ingredients (it's easiest to dive right in and mix with your hands). Form into patties. Let patties warm to room temperature before cooking. Grill, broil, or pan fry as desired, 5 minutes per side, or until burgers achieve preferred doneness.

Optional: top with Sriracha mayo (mix 1T Sriracha to 3T mayo)

Want something leaner? Swap out beef for ground turkey or chicken.

Throwing a cocktail party? Serve these as passed appetizers. Form the ground beef into mini patties (should make about 50), and serve on Kings Hawaiian sweet dinner rolls. The crowd will go wild!

Looking for a second flavor of burger? Swap the spinach and cheddar for chopped bacon and blue cheese crumbles. Add a drizzle of maple syrup on the patty prior to cooking to achieve that caramelized salty/sweet combo that makes your head spin.

Wellness Insight:

"Meal prepping is a big part of my wellness. If I didn't, I would probably only eat PB&Js and Cinnamon Toast Crunch."

– Abena Sampong, warrior in yoga and irl

SUMMER BUCKET LIST

Abbie Whitney, MS2

Last summer, I set out to do an activity every day with the goal of making the most out of our last “true summer”. It was one of my favorite times of life- soak it up! Think about what activities you might like to do so you are ready to go explore and be merry as soon as that SRP clock hits 5:00 (or maybe 4:30 every now and again).

An event qualified as an “activity” if it fit three criteria. It had to be

- 1) **Fun**
- 2) **Intentional**- i.e. I couldn’t get to the end of the day and be like, “I’ll just count that walk I went on as my activity.” I had to decide on one (or more) discrete activities for the day.
- 3) **Something I don’t do often**- i.e. no counting Netflix as an activity.

June 8-12: Bonnaroo music festival in Tennessee

- <https://www.bonnaroo.com/>
- 13: Goodbye dinner at Medici with friends leaving for the summer!
- 14: Swimming at The Point
- 15: J Parker- rooftop bar with yummy drinks in Lincoln park
- 16: Med School Mixer in River North with med students from all the Chicago schools
- 17: Beach day at 31st street beach and the Pilsen taco festival
- 18: West Loop Festival
 - So many good street festivals in the summer, check out more here:
<https://www.choosechicago.com/events-and-shows/festivals-guide/>
- 19: Concert in the Park @ Millennium, Gregory Porter
 - Every Mon/Thurs, always free! Here’s the link to this year’s lineup:
https://www.cityofchicago.org/city/en/depts/dca/supp_info/millennium_park9.html
- 20: Kickboxing- lots of deals on GroupOn, go with friends!
- 21: Volleyball @ Montrose Beach
 - Make a team with the Chicago Sport & Social club- sign up early so you don’t have to go all the way to Montrose, link here: <https://chicagosocial.com/sports/beach-volleyball/>
- 22: Concert in the Park @ Millennium, Matthew Santos... bring TJ’s snacks for an ~enhanced~ experience
- 23: Jono Matthew’s Brother’s Concert in Wrigleyville, Bar DeVille for dancing
- 24: Mamby on the Beach
 - <https://www.mambybeach.com/>
- 25: Beach House Santa Monica (yummy sparkling rosé, and I’m not even a wine person)
- 26: Bike ride along the lake
- 27: Rooftop happy hour
- 28: Coed Volleyball @ Montrose, biked up the lake to get there
- 29: Unsuccessfully tried to see The Internet- Check out the Red Bull Sound Select concert series and get there
EARLY! Upstairs bar (much cooler) at Soho house
- 30: Dancing in Logan Square with classmates

July 1-3: Kayaking on the lake in Minnesota

- 4: Watched the fireworks from the beach just off of lake shore
- 5: Coed Volleyball @ Montrose, check out the cool bar on the beach!
- 6: Tapas at the Purple Pig (treat yo self), Margaritas @ Big Star
- 7: Taste of Chicago- try all the delicious food
- 8: Sand volleyball at courts by North Ave, rooftop cookout at Vue53 (@Logan)
- 9: Logan Square Farmer’s Market (prettiest flowers, yummiest produce, every Sunday), Maxwell St. Market with incoming students (TACOS!)

- 10: Bike ride on the lake and lemon bar baking with friends
- 11: Mani/Pedi in South Loop
- 12: Game night with incoming students
- 13: Dinner at Cruz Blanca, Cindy's (for the view) and the Chicago Athletic Association Game Room (play checkers, shuffleboard, pool and more!)
- 14: One Republic, Fitz and the Tantrum, James Arthur at Ravinia (bring wine and cheese if you decide to check out Ravinia, it's v boujee)
- 15: 31st street beach, Szechuan in Chinatown (such good food), explored Old Town
- 16: Soup dumplings in China town @ Qing Xiang Yuan (best dumplings EVER!)
- 17: Had an outdoors and crafts day at the point
- 18: Free pints of Talenti gelato in Millenium park (here's to hoping this happens again this year), River Walk
- 19: Birthday (23!) volleyball, drinks, and cake with friends on the beach!
- 20: Concert in the park @ Millenium to celebrate Leah's 23rd, Honeysuckle
- 21: Birthday party (Me + Leah + Lakshmi) grill out at Logan's and dancing at Slippery Slope
- 22: Brunch in Old Town @ The Vig
- 23: Cheered on Maria Espinosa in the Big 10 10k Race, Logan square farmer's market, brunch at Lula's in Logan Square (highly, highly recommend), beach day
- 24: Wave watching and book club at the point
- 25: Tried new HP restaurant Pork Chop
- 26: Coed Volleyball @ Montrose
- 27: Ice cream date with roomies!
- 28: Lake day and swimming
- 29: Beer tasting and board games @ Dry Hop brewery
- 30: Game of Thrones screening party
- 31: Navy Pier with a friend from out of town

August 1: Went swinging at the playground all night- reconnect w/ your inner child

- 2: Volleyball PLAYOFFS
- 3: Dave and Buster's for orientation!
- 4: Lollapalooza
- 5: Murakami exhibit at the MCA (free for UChicago students), bomb Cuban food in Logan Square, found out I'm going to be an aunt <3, Parson's for boozy slushies, orientation activities, Mura Masa concert
- 6: Dinner at Dusek's in Pilsen
- 7: Movie night and cookie making party
- 8: Burger battle at the Publican- 2 burgers have a show down every Tuesday!!
- 9: Art Institute (free for Uchicago students)
- 10: Tacos in Pilsen and wine on the river walk with friends from out of town!
- 11: TILT at the Hancock (lean out over the city!)
- 12: Beach day! Dinner at Little Goat (so yummy)
- 13: Brunch in Logan Square, LS Farmer's Market
- 14: Coffee and cupcakes with old friends at Molly's Cupcakes
- 15: Kickboxing and swimming in the lake!
- 16: Chicago Cultural Center (Free!)
- 17: More swinging and swimming
- 18: Dinner at Publican and pop-up bar karaoke!!! (Chicago has lots of fun pop-up bars throughout the summer)
- 19: Air and water show
- 20: Rented a boat to drive around the river (split with ~10 of your classmates and it's actually affordable), Kendrick Lamar Concert
 - <https://www.chicagoelectricboats.com/>
- 21: Ben and Ari's engagement party
- 22: Ramen in Wicker Park

PET OF THE MONTH

Ben Yang, MS1

This month, we're featuring Ben's new pet. Inspired by his own advice from the previous issue of The Check-Up, he went and found a new, green household friend.

Much thought went into the financially burdensome journey of owning a new pet. Belabored with the ever-increasing debt of medical school, Ben decided to choose the budget friendly option of adopting a low-energy companion who doesn't mind skipping a meal or two when the well starts to run dry. Conveniently, this option was also the lowest of low-effort pets he could find! Not only is it hypoallergenic, it's odorless waste requires no doggy bags, litter boxes, or pooper scoopers. Maximum wellness!

Nowadays, on the not-so-rare sunny day, you might find the two of them spending the afternoon on the back deck of Ben's apartment sipping on cold ones while catching some rays. They're both equally excited that the long winter is finally over.

Feel free visit to them sometime. Both are great with kids, dogs, cats, hamsters, guinea pigs, small birds, snakes, medical students, and other assorted Hyde Park wildlife. However, to the plant eaters out there – look elsewhere for your salads.



Wellness Fuel:

"Keeping up on
the tea."

– Sarah Heimberger,
self-described 'recently
athletic'



WELLNESS ESPN



(Essential Sports-related Pritzker News)

Jason Castaneda, Ali Austermuehle, Sean Pirkle

Ah yes, spring quarter is in full swing and the playoffs are around the corner. We've got a whole lot of IM's to catch you up on, so start stretching out those hamstrings, pop a prophylactic Aspirin, and take a little journey with me.

Outdoor Soccer

Pritzker had a strong showing this spring in the world's most popular sport, with two squads in the coed league and one in the men's league. The MS2/MS4 coed collab, Pritzker United, and the enthusiastic band of MS1s, Pritzker FC, were forced to share the top of the table heading into playoffs (both 3-1-1 on the season) after an emotional Pritzker-fam faceoff resulted in a 2-2 tie. The men's team, FC Pritzker, successfully matched the mediocrity of its unwitty team name with a 2-1-2 regular season record and a 4-3 loss to the Final Four Flops in their semifinal match. In the coed post-season, Pritzker United suffered a tough 4-3 loss in the quarterfinals to the law school (but, hey, I'm sure you all rocked Step 1!). They were avenged the following week by Pritzker FC's narrow 1-0 semifinal victory, thanks in part to Coach Nick Antos' leadership and his uninhibited verbal abuse of anyone not pulling her/his weight. Despite the lovely Chicago spring weather (45°F/cloudy/windy) last Sunday, the atmosphere at the coed championship game was electric. A nearly double-digit crowd appeared with lawn chairs and rosé in hand, and Coach Antos expertly distracted the opposing team with his fiery remarks through the team megaphone. However, the team's undeniable passion turned to disappointment as Pritzker FC was unable to hang on and finished with a crushing 2-1 loss. But there's reason to be optimistic. With Coach Antos' mandatory off-season training regimen and some promising MS22 prospects, next year may very well be the year for Pritzker soccer.

Inner Tube Water Polo

This quarter, Pritzker first years tried their hand at inner tube water polo, a game that requires technical prowess, sheer athleticism, and the mental fortitude necessary to jump in a cold swimming pool at 10:30 pm on Monday nights. While the act of propelling oneself forward in the tube may appear a simple task to the common spectator, traversing the pool routinely tests the VO2 max of athletes in peak physical form. The season started off with a bang as the Eustachian Tubes faced off against Booth House, learning the rules of the game during the 1st half but scoring 4 goals by the end of the match. While a technical loss, game #1 established Pritzker as a smack-talking powerhouse, as co-captain Tess Allen and all-star defender Tatiana Josephy shut down an obnoxious undergrad who called Cyrus Alavi "buddy" one too many times. The Eustachian Tubes rebounded in Game #2, when Olympic-hopeful Megan Kennedy scored no fewer than 7 goals without breaking a sweat. Unfortunately, the season ended prematurely as the Tubes went up against "The Seamen," who rolled up to the Ratner in matching swim caps and jorts, forcing Pritzker to grapple with the unfair reality of a mercy rule. Until next season, UMBO!

12" Softball

Thanks to an intramural director who is afraid of golf ball sized hail and little bit of lightening, Tie Goes to the Gunner has only seen the field of play once out of their five scheduled games to date. When asked about the recent string of bad luck, former high school phenom Katie Schultz responded, "Sucks, I've been practicing my 'Got Heeeeeeeem' since wiffleball season," while left fielder Sam Kaskovich, who spurned college recruits in order to focus on academics, was overheard saying, "I'm just craving sunflower seeds, man." Regardless of the weather, the tenacity of this group cannot be denied, as the squad led by rookie Gena Lenti and the veteran presence of John Curran has already hit the practice field multiple times in between sessions at the gym and the occasional steroid injection. "You gotta wash it out with furosemide," John recommends, "keeps the pee clean." They look to improve upon their 1-0 record in the coming weeks.

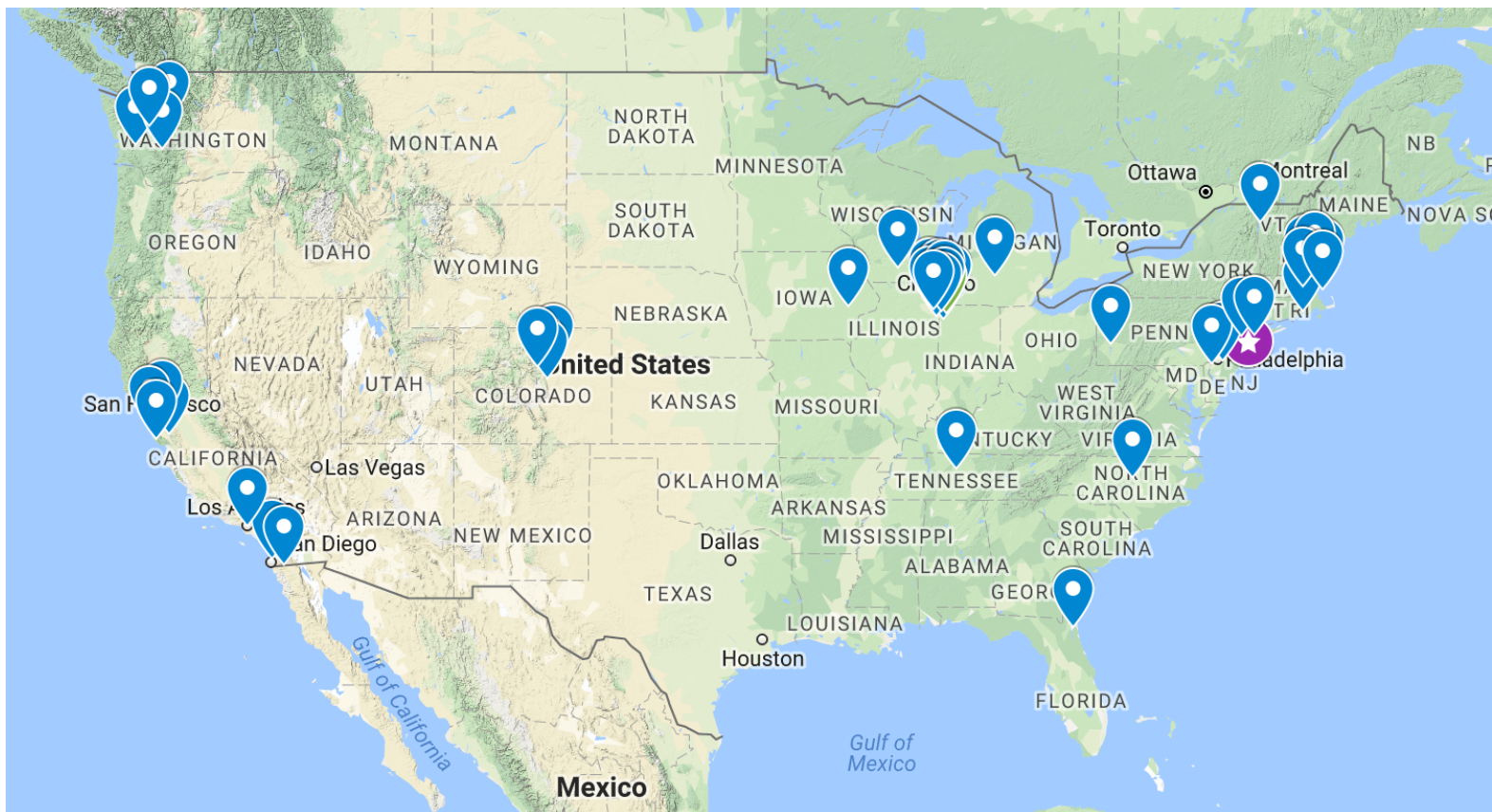
"I NEED A DOCTOR, CALL ME A DOCTOR..."

Sean Pirkle, MS1

Say what you will, but the most underrated thing about Pritzker is how easy it is to completely ignore the responsibilities of life as a functioning adult. I don't know about you, but I've used medical school as an excuse to avoid jumping into a 9 to 5 job post-graduation, to continue sharing an apartment with 3 other dudes, to not have to wash my hands every time I go to the bathroom, among other things. While I'm just now wrapping up my first year here, I understand that this experience must eventually come to an end not by choice but by design.

Soon enough, we will all find ourselves in the shoes of our MS4 friends, endowed with an incredible set of skills and authority, capable of healing the sick and grounding airplanes. We will, I can only assume, be hopeful yet apprehensive, staring into the depths of our shadowy futures. Though what lies outside of the white walls of Mitchell is largely unknown, graduating Fourth Years, take comfort in the knowledge that on the other side there are a host of new experiences out there for you: new cities waiting to be explored, new friends waiting to meet you, new attendings waiting to yell at you, and this new thing my loan servicer calls a "salary," which sounds pretty ideal.

On the map (and link!) below, you will see where life is taking the latest breed of Pritzker MDs. Join with me in celebrating their hard work and success. MS18, we love you and wish you the best in your collective futures.



https://drive.google.com/open?id=1iWWdivZfAMq09m2fiKD_WQjwltUFzl2d&usp=sharing

DEAR STEFAN

Stefan Breitling, MS4



Q: "Stefan! Help! I have a gym crush. Every time I see him at the gym, I get all Serotonin Syndrome. I have to either just say hello or start skipping workouts. What do I do?"

During my time writing this column, it seems like most of the questions I get are either about people's romantic lives or about working out, so it is only appropriate that this final question is a combination of the two. To start, I'm going to assume that you are referring to the flushing/tachycardia/diaphoresis parts of serotonin syndrome, and not the clonus and diarrhea aspects, because if that happens to you in the middle of the gym...you've got bigger problems than your crush.

With that said, I put together a foolproof, can't-miss, step-by-step guide to getting someone to notice you at the gym. Just claim a rack in sight of your romantic interest, set out a bar with a reasonable amount of weight, and do the following:

1. Approach the bar so that it is centered over your feet. Your feet should be about hip-width apart. Bend at the hip to grip the bar at shoulder-width allowing your shoulder blades to protract. Typically, you would use an alternating grip.
2. With your feet and your grip set, take a big breath and then lower your hips and flex the knees until your shins contact the bar. Look forward with your head. Keep your chest up and your back arched, and begin driving through the heels to move the weight upward.
3. After the bar passes the knees aggressively pull the bar back, pulling your shoulder blades together as you drive your hips forward into the bar.
4. Lower the bar by bending at the hips and guiding it to the floor.

If they don't approach you at the water fountain or slide into the DMs with a bunch of 🙄🙄🙄 and 🙄🙄🙄 after seeing that, then they aren't worth talking to in the first place. You might have noticed that those happen to be the instructions for hitting a perfect form deadlift. Which is the exact point: the best way to impress at the gym is to work out hard, with excellent technique. And if you want some help working on your form, reach out to one of your Wellness reps about when the next Fitzker session will be. Happy lifting!

Wellness Tip:

"If you're looking for a cheap eat close to campus, Lutheran Café offers solid all-day breakfast tacos."

– Rahul Dadwani, very busy medical student

WELLNESS SHOUT-OUTS

Maya Krasnow never fails to brighten my day! Her friendliness helped us all survive this long Chicago winter!

Sami Mostafa keeps me well with his beard game and love of king size beds.

Katherine Tran was an ever thoughtful, creative, and bright-eyed cheerleader-extraordinaire for me during the Step 1 study block. Ya keep me young!

Whether it be her bright yellow raincoat or her radiant, easy smile — **Katherine Tran** brightens my day every day.

Nick Antos gives the best hugs.

Shout out to the intramural team captains **Octavio, Nick, Gena,** and **Sarah!** GO TUBES!



THE CHECK-UP

PRITZKER'S WELLNESS NEWSLETTER

OCTOBER 2018

A MESSAGE FROM WELLNESS

Hello Pritzker Family,

Welcome to *The Check Up*! For those of you new to this newsletter and currently experiencing your one-month free trial, we are so happy to have you. For our returning customers, thank you for your continued loyalty and we hope you will enjoy what we have in store. Read what's inside to discover a new weeknight dinner recipe, solve a crossword puzzle, and even meet (or reconnect with) our special guest -- you'll know it when you see it!

As always, feel free to reach out to your wellness representatives with any ideas or concerns, and remember to keep filling out those wellness grants!

Love,
The Wellness Committee

TABLE OF CONTENTS

Wellness Spotlight.....	2
Tell Me Your Fears.....	3
Cooking with the Cook.....	4
Fall Fashion Do's and Don'ts...	5, 6
Pet of the Month.....	7
Wellness ESPN.....	8
Dear Stefan.....	9
Crossword Puzzle.....	10
Wellness Shout-Outs.....	11

Wellness Tip:

"You gotta block with the rubbers."
Elam Coalson (MS2),
dodgeball coach,
also recently engaged

WELLNESS SPOTLIGHT: SUZETTE GUZMAN (MS1)

One of my most important pillars of support has been dance. I began my dance journey at the age of six, and since then I have continued to study many forms of dance. I also recently completed a minor in dance at Scripps College.

I realized at a young age that dance was not just a form of exercise; it sustains me. It has allowed me to express myself without the use of words, and it has also provided me with a place to isolate myself from the outside world and focus on just one thing in that moment: dance. It's given me a sense of community and unity. It physically and mentally refreshes and relaxes me. And it is what inspires and motivates me to keep moving forward.

I've dipped my toe in different dance styles outside of my comfort zone like hip-hop, West African dance, and flamenco, but I never imagined myself diving into the waters of aerial dance. I took my first aerial dance class during my freshman year of college four years ago at The Circus Studio in Claremont, CA. Aerial dance is a subgenre of modern dance first recognized in the US in the 1970s. The choreography incorporates an apparatus that is often attached to the ceiling, allowing performers to explore space in three dimensions. There are a few types of aerial dance. The silks, trapeze, and lyra are the most popular forms.

The form of aerial dance that I specialize in is the lyra, which is a circular steel ring or hoop that's suspended in the air by a cable attached to the ceiling. It's often used by circus performers in showcasing aerial acrobatics for their acts. The lyra has been used as recreational products since the 18th century, however, it was not used as part of entertainment acts until the late 1800s when the performer 'Caedo' did a routine for an ad. Caedo's hoop was considered to be one of the first aerial rings specifically created for aerial performances. Cirque du Soleil popularized it in its shows in the mid-2000s, and it's popularity continues to rise as more lyra and aerial dance classes are introduced in dance studios worldwide.

There is a group on campus, called Le Vorris and Vox Circus, that offers different aerial and circus related classes (for FREE!), and I highly recommend aerial dance for anyone who's interested in trying a fun and quite different form of exercise.



TELL ME YOUR FEARS...

Sean Pirkle (MS2)

My favorite thing about Halloween is that we can be whoever or whatever we want to be. In the past I've been Ichiro Suzuki, Spiderman, a sumo wrestler, I even went as a Digimon one year. But that's the truth, I mean think about it: we can be scary or scandalous, maybe a little bit of both; we can be our heroes, we can be our role models, we can simply be a better version of ourselves. Ultimately, whatever we choose to be, we can escape entirely into this new identity, if only for one day.

Last year I thought it would be funny to go as a classmate who had recently tore her Achilles in an intramural volleyball accident (hilarious idea). I went to Goodwill and even considered picking up a pair of second-hand crutches, and though I was eventually shamed out of the idea by my roommates, a few months later I suffered a "Dancer's Fracture" playing indoor soccer at Henry Crown. So in light of karma being karma, I've decided to go scary with my costume this year and looked for some inspiration from my fellow classmates. Over the past few weeks, I went around asking for your irrational fears. Here is what you had to say:

Bees	Forgetting sneakers for anatomy lab	centipedes	Being alone in a parking garage
Swimming in large bodies of water	West Nile virus	Things with tiny holes	Having a hypnagogic jerk in class
insects crawling into my ear	Class running into lunch time	Adults in general	Falling through the gaps between stairs
Losing my iPad and having to tell Candi		Becoming a meme	
	Somersaulting my way into a Brown Sequard lesion		Walking over an abandoned land mine
Orthostatic hypotension			
	The demons under my bed		The optic neuropathy lady
Watching myself in BLINE		Getting "Cyrused" by Dr. Marcangelo in class	
	Sketchy making all videos dramatic readings of Edgar Allan Poe		
Falling down a down escalator when I'm an 80 year old		Having to poop in the BSLC	Forgetting to put the milk back in the fridge

COOKING WITH THE (DAVID) COOK

David Cook (MS2)

Weeknight Bolognese

Serves 4-5

2 tablespoons good olive oil, plus extra to cook the pasta
1 pound lean ground sirloin
4 teaspoons minced garlic (4 cloves)
1 tablespoon dried oregano
1/4 teaspoon crushed red pepper flakes
1 1/4 cups dry red wine, divided
1 (28-ounce) can crushed tomatoes, preferably San Marzano
2 tablespoons tomato paste
Kosher salt and freshly ground black pepper
3/4 pound dried pasta, such as orecchiette or small shells
1/4 teaspoon ground nutmeg
1/4 cup chopped fresh basil leaves, lightly packed
1/4 cup heavy cream
1/2 cup freshly grated Parmesan cheese, plus extra for serving

Heat 2 tablespoons of olive oil in a large (12-inch) skillet over medium-high heat. Add the ground sirloin and cook, crumbling the meat with a wooden spoon, for 5 to 7 minutes, until the meat has lost its pink color and has started to brown. Stir in the garlic, oregano, and red pepper flakes and cook for 1 more minute. Pour 1 cup of the wine into the skillet and stir to scrape up any browned bits. Add the tomatoes, tomato paste, 1 tablespoon salt, and 1 1/2 teaspoons pepper, stirring until combined. Bring to a boil, lower the heat, and simmer for 10 minutes.



Wellness Icebreaker:

"Are you more of an oligodendrocyte or a Schwann cell?"

Sarah Heimberger
(MS2), still sippin on
that tea

Meanwhile, bring a large pot of water to a boil, add a tablespoon of salt, a splash of oil, and the pasta, and cook according to the directions on the box.

While the pasta cooks, finish the sauce. Add the nutmeg, basil, cream, and the remaining 1/4 cup wine to the sauce and simmer for 8 to 10 minutes, stirring occasionally until thickened. When the pasta is cooked, drain and pour into a large serving bowl. Add the sauce and 1/2 cup Parmesan and toss well. Serve hot with Parmesan on the side.

Adapted from *Barefoot Contessa: How Easy is That?* by Ina Garten

COAT AUTUMN VS. SWEATER AUTUMN

How to Look Great While Staying Warm

Christianah Ogunyele (MS2) (@_christianah_) and Russell Simons (MS2) (@russimons)

Hey there! So you're new to Chicago, or you've been here long to enough to know what Jason Poston means by sweater autumn vs. coat autumn. Either way, this time of year presents a sticky fashion situation, even to the best of dressed. Never fear! We've been recruited to give you some tips on this season's dos and don'ts.

Do...

1. Layer

Effective layering adds both dimension and warmth to your ensemble. Try to pair a thicker sweater with a lighter coat to maintain an optimal temperature indoors and out. Think complimentary colors but don't overthink it—just try it out! As winter nears, consider adding an undershirt or tank-top for some core warmth.

2. Patterns

Everyone thinks plaid is the only way to go for the fall but there's so much more out there to explore. Try herringbone, houndstooth, or color block patterns! If any of those terms sound foreign to you, google is your friend here.

3. Pay attention to your skin!

The winter can be pretty harsh on your skin. If you don't use one already, consider adding a daily face moisturizer to your routine and maybe even slipping some hand lotion into your backpack for those extra rough mornings.

4. Waterproof shoes

Waterproof shoes are a must but you are not limited to duck boots! Keep in mind that shoes can both be functional and fashionable so think outside the box of your typical rain/snow boot. Consider waterproof chelsea boots or chukkas.



Don't...

1. Wait until it snows to get a winter coat

Life comes at you fast, sometimes in the form of frozen rain. Make sure to invest in a winter coat (THAT COVERS THE BUM) as soon as that first bitter chill hits the air. If you are reading and don't yet have winter coat, we're talking to you!

2. Be afraid to wear colors even through the dreary season

Colors are your friend. Just because the weather is dull doesn't mean your wardrobe should be too!

3. Neglect the neck

Invest in a scarf, whatever pattern or color. We don't know if you've heard, but Chicago can get pretty windy and one of your best defenses is a thick scarf that you can throw on as you run out the door. When it comes to scarves, you get what you pay for—so consider making an investment for softer material.

And our very last tip: looking great won't make you late, especially if you're thinking ahead!

Stylishly yours,
Christianah and Russell

THE SOUTH SIDE'S THRIFTY RETAILERS

How to Look Great While Staying Warm (Continued)

Not sure where you can pick up some ~stylish~ yet affordable clothes?
Check out these South Side-area thrift stores!

1) Unique

--**Neighborhood:** Bridgeport (3000 S Halsted St, Chicago, IL 60608)

--**Special Perks:** Half price items on Monday's

2) Family Thrift Store

--**Neighborhood:** Little Village (2527 W Cermak Rd, Chicago, IL 60608)

-- **Special Perks:** Half off items on any given day of the week. Usually holiday specials. The entire store is color coded!

3)Encore Resale Store

— **Neighborhood:** Hyde Park (1553 E Hyde Park Blvd, Chicago, IL 60615)

— **Special Perks:** Close to home with a great selection.

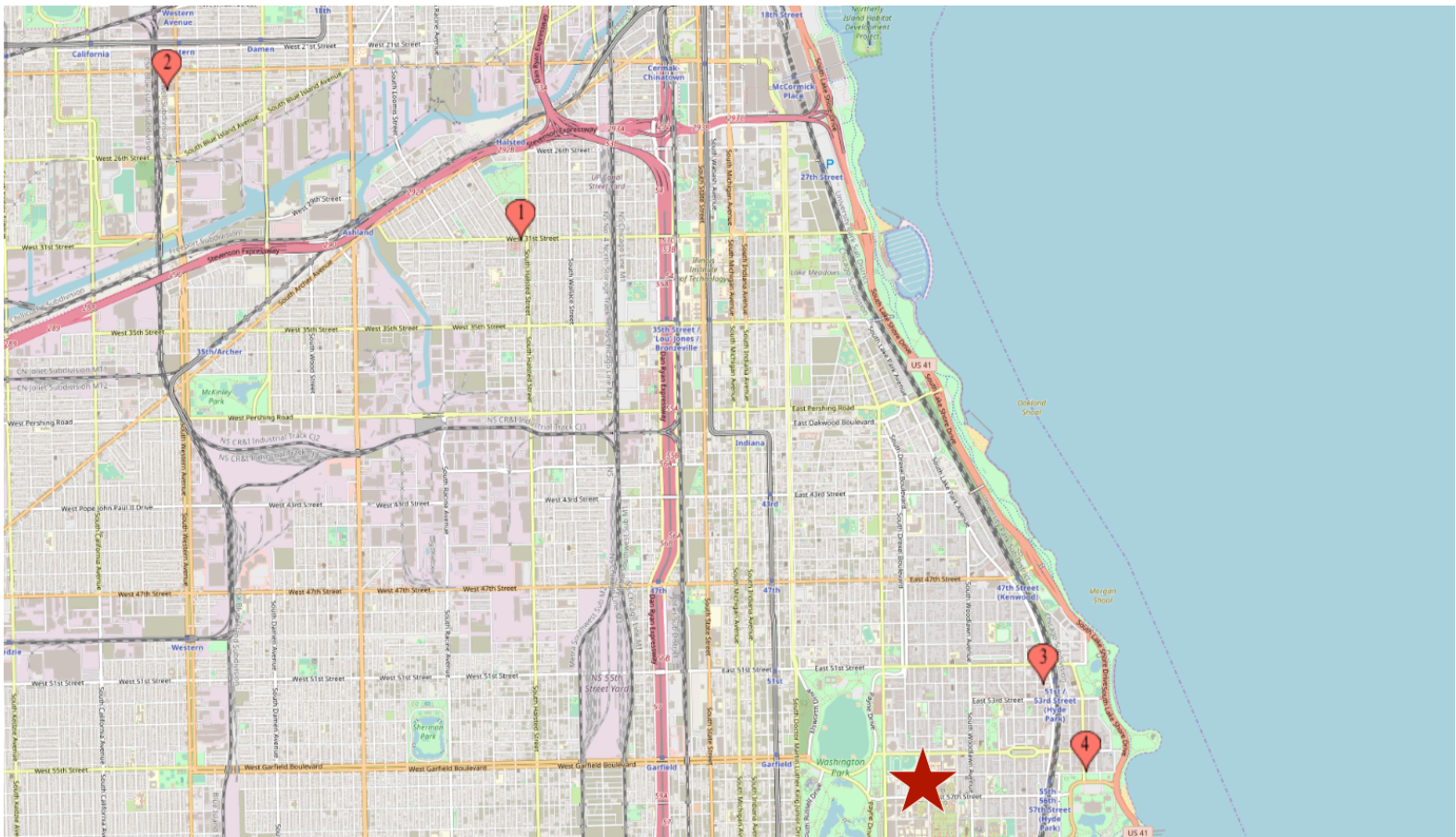
4) Gilda's Thrift Boutique

—**Neighborhood:** Hyde Park (1703 E 55th St, Chicago, IL 60637)

— **Special Perks:** More of a vintage store so it's a bit pricier but the items are valuable and unique!

Wellness Insight:

"Is it called a French Tuck because Tan's last name is France?"
Sarah Bhattacharjee (MS1), proponent of interclass mingling



PET OF THE MONTH

Brie Farley (MS1)

Meet my roommate, Bellatrix Lestrangle! You might think that I doomed her to a life of evil with a name like that, but fortunately, Bella doesn't live up to her Death Eater namesake unless you happen to be holding her exactly when her automatic feeder dispenses her food. She's two and a half years old, and we've been together since Bella could fit in the palm of my hand! She's been a constant source of hilarity and love in my life since then.

Bella's main interest is eating, but she can also be found staring at her bowl trying to will food into existence, destroying my couch, avoiding cuddling until the second I need to get up, meowing enthusiastically, and plotting the demise of her brother, Pedro Parker the spider plant. Pedro may have a built-in defense, though: supposedly spider plants are hallucinogenic to cats, which could explain a lot about Bella's late night zoomies and fondness for the Tarzan soundtrack.

Bellatrix is a very faithful ~~follower~~ companion and having her purr on my lap while I stare at Anatomy slides is a huge way that I find wellness. While she is no friend to plants, Bella loves humans, and is always happy to provide some purrs and wellness to anyone that wants to visit her.





(Essential Sports-related Pritzker News)

Dar Nwaudo (MS1) and Matt Bonomo (MS1)

For the second year in a row, we escaped field day without major injuries -- well that's assuming you don't count my fragile ego, which is still broken over Gena Lenti's convenient last minute scheduling changes which no doubt helped manufacture Coggeshall's victory. Huggins' story will be told, but I digress as that was just a warm up for the real deal: IM season.

Volleyball

Pritzker is off to a strong start in Volleyball this quarter with four (!) teams vying for immortal glory. Despite having a name that's probably better suited for a different sport, Nothing but Netters (1-1-0) has high hopes for this season. Team captain/head coach/general manager/part-owner Ryan Judd feels that the team's offseason moves have put them in a position to win for years to come. This October, the super-team-in-the-making acquired rookie sensation Colin Wang in a 3-team deal with the MS1s, Ansa Servicalis (1-1-0) and Bump Set Spiral Artery (0-2-0). Even after a disappointing loss to the law school's Supreme on The Court (2-0-0), the Netters remain in contention to make the playoffs. Ansa Servicalis, also still in the mix, has been carried this season by its dominating front row: outside hitter Olivia Schultz, middle blocker Brad Carlson, and right-side hitter/smack talk coordinator Dar Nwaudo. Bump Set Spiral Artery showed serious improvement from week 1, and is hopeful that strong performances from captain Akosua Oppong and serving virtuoso Patty Simmer will carry them to their first victory. Pritzker 1 (0-2-0) is having a great time.

Bowling

In Bowling news, the menu at Seven Ten is largely the same as last season. French fries remain heavy favorites to win the league with their time-tested winning combination of cheap, fried starch and salt, but the resulting greasy fingers and some strong contenders have made for an interesting season thus far. Chicken fingers with honey mustard and BBQ sauce has attempted to capture the magic of French fries, but an \$11 menu price has proved a major impediment to its long-term success. Both Quesadillas with red onions, roasted red peppers, salsa and sour cream, and Spinach & Artichoke Dip with pita chips are also hoping to challenge for the title, but most analysts agree that their prices (\$10 each) will likely prevent them from making a deep run into the playoffs. Hummus Platter (\$12) with feta, red onions, tomatoes, cucumbers and pita chips seems to be in a perpetual rebuilding process. General manager for Hummus Platter has urged all fans to "trust the process", but ownership has indicated it's considering a change in front office leadership. Texas eggrolls earned a surprise selection to the Perfect Platter this season, along with perennial all-stars wings, fries, and chicken fingers. Apparently, there is also an IM bowling league (???) and Pritzker may have a team in it. We'll have more on this story as it continues to develop.

Flag Football

The Pritzker School of Medicine is well represented in the all-male flag football league. Unfortunately, the lack of female involvement in this league is obvious with the ~**CREATIVE**~ team names of "Pritzker 1" (led by John Curran) and "Pritzker 2" (led by Brad "Skinny Vanilla" Carlson). In week 1, Pritzker 1 escaped Team Beer Leaguers in dramatic fashion, running the two-minute drill better than Trubisky on Sundays. Pritzker 1's Hail Mary was caught in the endzone for a walk off touchdown to win 20-14. The future of this team is looking brighter than Hans Strobl's smile as they are off to a 2-0 start and lead the league in points per game. Pritzker 2 had a heartbreaking loss in week 1 after an interception returned for a touchdown resulted in a final score of 7-6. Their lone score came from the clown himself, Brad Carlson, as he juggled the ball in the endzone. Pritzker 2 bounced back in week 2 with a 6-0 win despite the absence of starting (?) quarterback Saam Mojtahed. The locker room of this team may be in shambles as the defense challenges the offense to put more points on the scoreboard.

Pritzker is also leading the way in co-ed flag football with "Pritzker 2" and "EndZona Pellucida" tied for 1st place with 2-0 records, proving again that women in STEM are only beneficial. The future may not be as bright for EndZona Pellucida, however, who may be back in the (pre?) embryo stage. They are looking to grow but the hormones just aren't falling into the right place as the team has been crippled with injuries. These "experts" of the lower limb could not reproduce a single nerve or muscle that removed captain Dar Nwaudo and center Christine Mozer from the game as they both went down with injuries (though they kept asking if the pain was radiating, when it started, and how to rank it on a scale of 1-10). Word on the street is that Christine is still waiting for them to come back into the room with Dr. Farnan "to discuss the game-plan going forward." What Michael Boachie-Mensah lacks in height, he makes up for in heart as his major defensive stops were keys to success. In addition, the newly signed nimble running-back, Sarah (pronounced Sarah, not Sarah) Bhattacharjee carried the ball and the squad to lead them to victory.

DEAR STEFAN

Stefan Breitling (MD '17)

Q: "Dear Stefan, is it better to have loved and lost or to have never loved at all? What's your hot take on it?"

A: Dear anonymous,

I have been fortunate enough to have known real love at one point in my life, and then tragically had external circumstances force us apart. Even though it's painful to look back and reflect on what I've lost, I'm so glad I was able to have had something in this world that made me feel that happy in the first place. It taught me a lot about myself and set a standard for what I'm looking for in the future, and even though we're no longer together, I wouldn't trade my memories of those days for anything.

Sincerely,

Stefan

(Thanks for an amazing 4 years, Harold's Chicken Shack #14)



Q: "Dear Stefan, I write to you today looking for some advice on studying with friends. I have a regular study buddy that I work very well with. We hit it off the very first day of anatomy, and ever since our first test together we have ALWAYS studied for EVERY test together. We had agreed that we would study together, just the two of us - except that one time we invited his close friend to join us (but that was a one-time thing for his birthday). Recently, my study buddy hasn't been responding to my texts to study, and when he sees me in the hallway, he always seems kinda nervous. Then, one day, as I was looking through his notebook (we look through each other's notebooks because we have no secrets), I noticed some notes written in another girl's handwriting!

I am worried that my study buddy is actually studying with someone else... what should I do? Should I confront him about it? Should I drop him and find another study buddy that will treat me right? I feel so hurt...

Sincerely,

Cheated on in Chicago"

A: Dear Cheated,

Study dynamics can be really hard, especially among our generation, where partnerships are so often averse to labels and commitment. You should try to sit down and talk it out with this person and let them know specifically what you're looking for and what you expect out of this intellectual relationship. If you're not on the same page, then you should put him in the same place where I put my understanding of histology after I finished Step 1: the trash. In the meantime, you should get your notes tested to see if there are any new mnemonics that you don't recognize; if your partner has been studying around, you could be at risk for an ATI (academically transmitted infection).

Sincerely,

Stefan

Wellness Challenge:

"Crown at 7am. See you there."

Sam Kaskovich (MS2),
sheesh, just look at
those biceps

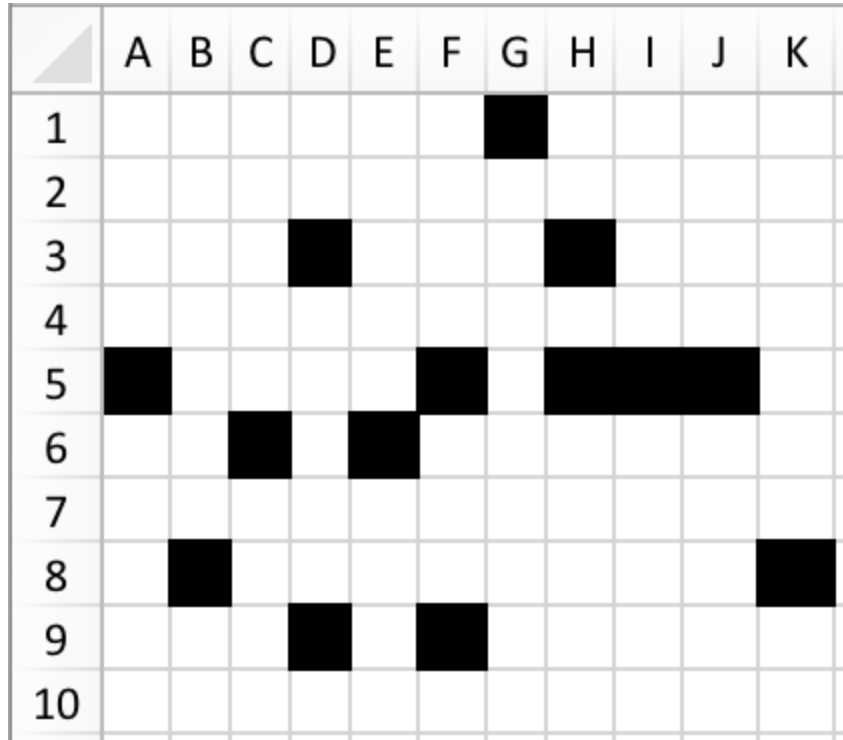
WELLNESS CROSSWORD

The last time we included a crossword puzzle in the newsletter, you told us that it was a little too difficult. We've dialed it back from "Expert" to "Hard" with this go 'round, so better luck this time. Please direct all comments/complaints to Dustin Shaw (MSTP) (looking at you, Matt Present).

Wellness Tradition:

"I starve myself on Thanksgiving and go on a hike."

Tatiana Josephy (MS2),
Canadian



Across	Down
A1- Drake has the most of these (singular)	A1- "I don't know her"
H1- William, Maya, Sylvia, Walt, etc.	A6- Using hair gel for a sleek look
A2- Anna Wintour was not pleased about this tussle	B1- Fun spring break destination
A3- UJO	B9- Salutations!
E3- Happens in a cage	C1- If Robert Kelly made a soft drink
I3- Craigslist acronym	C7- Season 1 includes Kimberly, Jo, and Vicki
A4- This time, baby, I'll be ...	D1- __mek. Greek dessert
B5- General Workers' Union of Germany acronym (in German)	D4- Slightly less good hospital than UCM
A6- Tin	E1- You didn't miss because you ____.
F6- Fall-themed "Flav"	E7- A taxi app
A7- Skinny legend	F1- abbrev. for a part of music
C8- Wonder Woman, Xena, Hermione Granger	F6- Vietnamese dish
A9- P	G2- Order at starbucks
G9- That's cool	H1- We might have one later on
A10- Teeny tiny	H6- Horses have these
	I1- A type of musical phrase
	I6- First you get the money, then you get the power
	J1- Root of a tropical plant
	J6- acronym dealing with acceptable levels of pesticide residue
	K1- We were rooting for her, we were all rooting for her. But she wouldn't be quiet.
	K9- Most definitely

WELLNESS SHOUT-OUTS

Patty Simmer (MS1) and **Kayla Rasmussen (MS1)**, thanks for being the chilliest people I know!! And for always being down to do spontaneous things. Who needs to study for anatomy?

Riley Brian (MS4) is an absolute angel.

Thank you **Cody Sain (MS1)** for holding me down during anatomy. Couldn't have asked for a better best friend.

Shoutout to **Liesl Schroedl (MS2)** for always being so kind, compassionate, and thoughtful!

Chris DaSilva (MS2) -- thanks for bringing me free food. A true friend.

Itzel Lopez (MS1) is a 4th dimensional being of light and love and legend. Stories of her greatness shall be passed down through the Pritzker lore until the sun swallows the earth, until the sea envelops the mountain, until the stars burn out. She shall be immortalized in the pantheon of the heroes, and her spirit shall usher in a new age. Her story will be told in the whispers of the wind, in the flight of the bumblebee, in the gleam of the morning's dew, never to be forgotten until the heat death of the universe.

Shoutout to **Patty Simmer (MS1)** for being such a calming and wonderful presence; I can always count on you for a warm smile that makes me significantly ($p < 0.01$) better.

I think **Sean Pirkle (MS2)** keeps us all well with these wonderful Wellness Newsletters!! You rock!

Jennifer Deng (MS1), you are so wholesome and amazing! Thank you for YOUR shout-outs and for preparing a heart-warming sendoff to the crew behind HCD!

Saket Jumar (MS4) -- He's always down for throwing a football around and encouraging us to enjoy the few remaining days of nice weather.

Jennifer Deng (MS1) -- thank you for uplifting our spirits with a seemingly unending variety of baked goods! Also your hugs are the best.

Answer Key:

C	I	M	S	O	C	O	R	C	I	M	10
O	T	A	E	N		R		O	H	R	9
	S	E	N	I	O	R	E	H		A	8
Y	E	A	R	C	A	H	A	R	I	A	7
N	I	K	I	M	P		R		N	S	6
A					P		A	U	D	A	5
F	O	O	R	P	T	E	L	L	U	B	4
F	D	D		A	M	A		O	J	U	3
I	D	I	A	R	C	V	I	C	N	I	2
T	E	O	P		M	A	E	R	T	S	1
K	J	I	H	G	F	E	D	C	B	A	



✓ *The Check-Up*

Pritzker's Wellness Newsletter

May 2019

A Message From Wellness

Hello Pritzker Family,

Welcome to *The Check Up*! Spring has finally arrived in Chicago (or is it summer now?), we've said goodbye to our dear class of 2019, and the rest of the us are inching ever closer to the next phases of our medical education. Read on for our newest edition of the Wellness Newsletter. Inside you'll find an homage to brewing your very own beer by Isaiah Sommers, recommendations for how to maximize your summer in beautiful Chicago, a story about one student's experience with anxiety, and more.

As always, feel free to reach out to your wellness representatives with any ideas or concerns, and remember to keep filling out those wellness grants!

Love,
The Wellness Committee

Table of Contents

Wellness Spotlight.....	2
Cooking with Matt.....	3
Summertime Chi.....	4
Pet of the Month.....	5
Wellness ESPN.....	6
Anxiety Unpacked.....	7,8
Crossword Puzzle.....	9
Wellness Shout-Outs.....	10

Sweet Summer Memory:

"Learning to catch tadpoles with my bare hands, somewhere near the Grand Teton."

-Katherine Tran, MS2

Wellness Spotlight: Isaiah Sommers (MS1)

On my 22nd birthday, I went with a friend to the only homebrewing store in St. Louis and came home with a big plastic bucket, a bottle capper, and a box full of beer brewing ingredients. Our first batch of beer was (surprisingly) good - over-carbonated and had a thick layer of sediment at the bottom of each bottle, but it tasted like beer and that was what mattered. Brewing beer has been a consistent hobby of mine ever since. I only brew every few months – I only have so much time, and my apartment can only hold so much beer – but at any given time I usually have a batch bubbling away or a new recipe on my mind.

Believe it or not, always having beer on hand is not actually the reason I brew beer (although it's definitely a perk). It's the constant learning and experimenting and problem-solving that I love most about homebrewing. I have always been curious about where things come from and how things work, and I was drawn to beer brewing because it seems so simple on its surface, and yet there are endless layers of complexity to explore. I think there is also something inherently joyful in honing a kind of craft, and homebrewing is no exception. Early on, I started tweaking my recipes, adding an interesting malt or a different strain of hops, or tossing in additional flavors like wood chips or orange peels, or swapping in a funky yeast strain. Now that I'm making my own recipes, I plan out all of the flavors and aromas and textures in each batch of beer, and carefully tend to the finicky yeast as it ferments and ages. Brewing beer is like having a science project, a pet, and a food project all in one.

It has been great to share this hobby with my classmates this year (and thanks to all of you for putting up with my nerdiness when it comes to brewing). I was coerced into being a co-leader of the Homebrewers of Pritzker Society, and I am so, so grateful for my friends who peer pressured me into it. HOPS has been one of the best parts of my first year. Over the course of the spring, 15 classmates brewed 3 different batches of beer, from start to finish. The brew day was a potluck, with the whole group learning about what goes into beer and then eating dinner together while the kettle boiled. When fermentation was done, we came back together to bottle the beer and finally got to taste the fruits of our labor at Social Rounds at the beginning of May.



Cooking with Matt

Matt Bonomo (MS1)

Ingredients

BASIL VINAIGRETTE

1 big bunch fresh basil, just the leaves, ~1 cup packed
~3 Tablespoons of toasted pine nuts
~3 Tablespoons white balsamic vinegar
~4 Tablespoons light olive oil (not EVOO)
~1/2 Tablespoon Dijon mustard
Crushed red pepper to taste
Salt to taste (just enough to bring out the other flavors, but you shouldn't be able to taste the salt)

RICOTTA BASE

1 cup whole milk ricotta
~2 teaspoons light olive oil, enough to thin out the ricotta a little
Salt to taste

SALAD

3 cups arugula
1 cup cherry tomatoes, cut into quarters
1/2 cup sugar snap peas, cleaned, and cut into quarters
~1/4 cup toasted pine nuts

Preparation

BASIL VINAIGRETTE

Combine all ingredients in a food processor until forms a thick dressing, almost like a thin pesto. Can probably use a blender if you don't have a food processor.

Adjust as needed with nuts/oil/balsamic

Salt to taste

RICOTTA BASE

After removing vinaigrette from food processor add ricotta base ingredients. Don't rinse out the food processor/blender. You want a little bit of the dressing to get into the base.

Whip until combined, about 10 seconds

Salt to taste

SALAD

Spread ricotta base on plate

Toss arugula, tomatoes and peas with vinaigrette and arrange on top of ricotta base.

Sprinkle toasted pine nuts on top, can add more to your liking



Sweet Summer Memory:

"Swimming in a pond left
by a broken fire hydrant
with my sister, brother,
and all the neighborhood
kids."

-Ben Bowman

Summertime Chi

Gena Lenti (MS2)

Ahh the Chicago summer. Arguably the best summer in the world, non-arguably the best season in Chicago, and most certainly the only thing that has kept me sane living here the past 25 years. All of the things you thought would be fun to do in winter are that much more superb in summer because you are exposed to 75.6% more vitamin D in the process (<https://europepmc.org/abstract/med/6983948>) and your friends from California are actually willing to leave the house and hang with you. I know what you're all asking. Aside from these obvious benefits, what makes Summertime Chi best in the world, and how do I take advantage of it? Well here is a list of things I highly recommend checking out while your winter boots are in the closet to get the best of Chicago summer:

The bean. Just go look at it. I know you think you saw it at orientation, but you never have really seen it until you've seen it in summer... This is a joke, and I am kidding about this. The bean is generally underwhelming during all seasons in my personal opinion. That said, those fountains with the faces on them next to the bean are likely better in the summer, so playing in those might be cool. I just advise you to bring a child with you so you look less creepy being an "adult" playing in a fountain alone.

The point/the beach. This is one of the most unique things about Chicago/Hyde Park, so take advantage of it! There is nothing like coming home from a long day of SRP work at 3 pm (or 11 am...) and taking your weary body a few blocks away to lay out at the point, swim, or enjoy a bbq/picnic with friends. If you're really lucky, you might even spot Nickolai Dulin cruising through the water in his speedo (*best viewing times are between 5-6 am). If you're feeling ambitious or are really passionate about laying out on sand vs. rocks, you can also check out 31st St beach or North Ave.

Rooftops/patios. I deferred to my Chicago childhood friends for this one because they have more flexible spending accounts and freer weekends to enjoy these things regularly. They recommend Parsons Chicken and Fish (Logan), Cerise (Downtown), J. Parker (Lincoln Park), Raised (Downtown), Happy Village (West Town), Bucktown Pub (guess...), Big Star (Bucktownish), Fountainhead (Ravenswood), The Dawson (River West), 90 miles (Logan), Gather (Ravenswood), Bar Cargo (River North), Wells on Wells (Old Town), and my personal favorite, Phyllis Musical Inn (Wicker). All fantastic for having a beer/cocktail/la croix out in the summer sun.

Sports. There are the White Sox and the Cubs. Although living on the South Side, it definitely makes sense to be a White Sox fan, being a Cubs fan is better (please keep comments section civil... @Dr. Farnan). It's fun to head up to Wrigley at some point over the summer, see what it's like to actually fill a baseball stadium, and take a few hacks in the batting cages at Sluggers Bar and Grill. Even if you're not into sports, you should at least check out the Pritzker Summer softball team... games are free and definitely more entertaining than any MLB game.

Biking. This is undoubtedly the best advice I can give for summer. Bike everywhere. There is no better way to see the city than riding through each neighborhood and picking fun places to go along the way to your destination. There are plenty of places to find cheap bikes if you don't already have one (Craig's list, Marketplace, maybe try to claim one of those bikes that sit outside of BSLC year round). I also highly recommend getting a Divvy membership for those who don't trust themselves to take care of their own vehicle. I am greedy, and I have both my own bike and a divvy membership... something I also highly recommend for those times you wanna ride to the rooftop, but find yourself incapable of riding home for whatever reason (i.e. too much la croix).

... And this is just the tip of the iceberg (sorry didn't mean to give anyone winter PTSD with that metaphor). There are so many other things to take advantage of this summer— markets and festivals in different neighborhoods, music at Millenium Park, Lollapalooza, and so much more. For more info check out: <https://news.wttw.com/2019-chicago-summer-festival-guide>

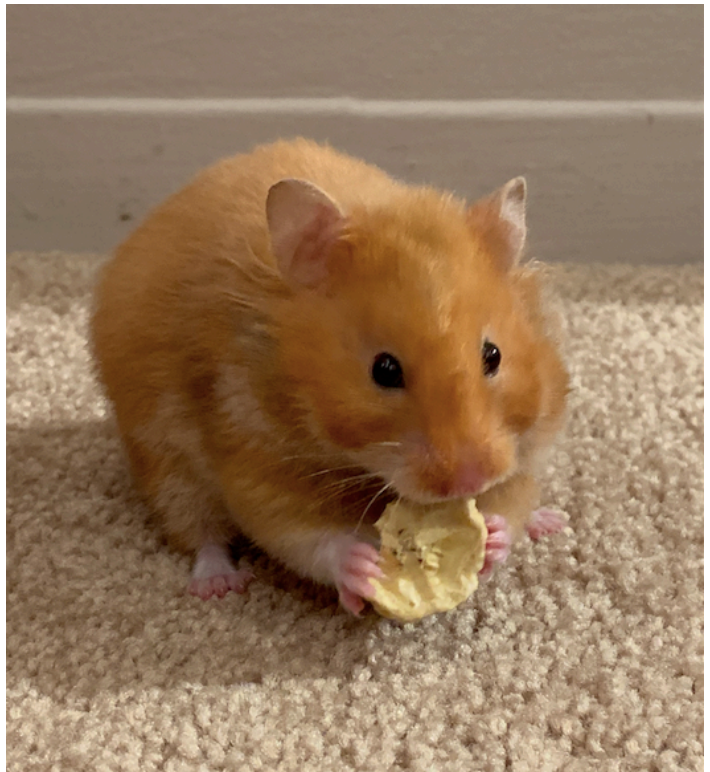
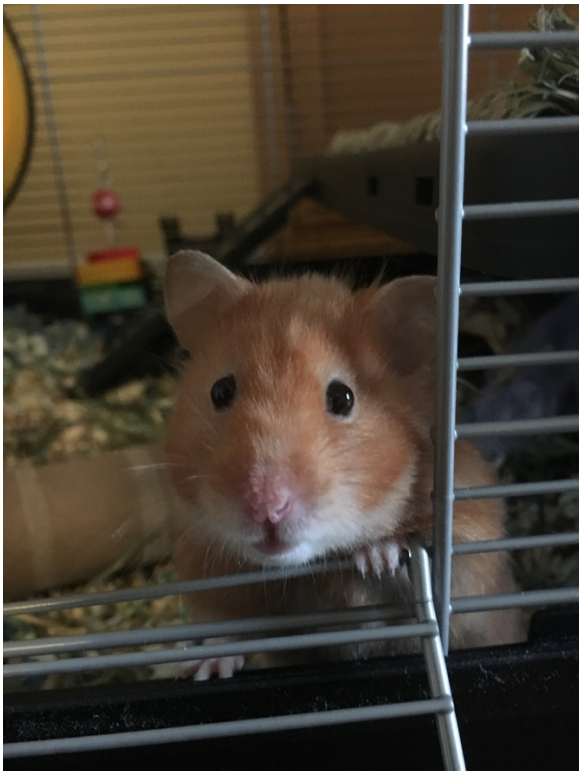
Pet of the Month

Shira Fishbach (MS1)

My daughter Mitski Moon Fishbach is a 10-month-old, 112-gram short-haired Syrian hamster named for the singer-songwriter ("look at you, strawberry blond") and for the full moon on the night I adopted her from the Roosevelt Rd Petsmart. I never thought I would be a 23-year-old hamster mom but it turns out that caring for a rodent as an adult is a more fulfilling (and safe) experience for both parties compared to doing so as an 8-year-old. Also, Chrissy Teigen has one! (This is what I tell myself when I get crazy looks from dog owners at the vet).

Mitski's main interests are running on her wheel, broccoli florets, digging an elaborate tunnel system underneath her bedding, sitting in my sleeves while I Try To Get Things Done, and bananas. Her one and only dislike in this life is her ball; she likes to run around by herself and will pee in anger if she's encased in plastic. She's potty trained, so this is actually a meaningful cue.

Caring for Mitski is so much fun and I'm reminded all the time that animals big and small can be a source of joy and love and WELLNESS. She would love to meet you, especially if you have a banana, but you have to visit at night because she's nocturnal doesn't like to be woken up. It's genetic.





Wellness ESPN



(Essential Sports-related Pritzker News)

Dar Nwaudo (MS1) and Sarah Bhattacharjee (MS1)

Floor Hockey Update

First year Pritzker students took on intramural floor hockey by storm. What they lacked in hockey skills, they made up for in grit as they fought their way to a 2-2 record and 4th seed going into the playoffs. The offensive attack has been led by Bradley "Cold like Minnesota" Carlson and Colin "The Assassin" Wang. This duo has combined for 90% of the team's goals this season and are getting sharper every game as the playoffs come under way. Defensively, Dar "The Enforcer" Nwaudo has made things difficult for opposing forwards with his size and aggression. Pranav "The Brick Wall" Krishnan has held down the net allowing less than two goals per game while he is the keeper. UChicago alum, Ross "The Veteran" Han, is getting work down on both sides of the court. His all-around presence as a mid-floorer has proved beneficial for the team and his offensive game is steadily improving as the season progresses. These boys are new to the sport but they are rising above their injuries and lack of experience. They have made their presence known in this league and should be a tough matchup for undergraduates and graduate students alike.

Softball Update

Pritzker's chilliest and most laid-back sports team that definitely doesn't Anki in class, Tie Goes to the Gunner, has had a strong start to the season after crushing the Law school in a 20-12 blowout. Notable occurrences include a breathtaking outfield catch by Patty Simmer and numerous homeruns from Jason Castaneda, to which a certain graduate from DePaul University was heard to utter "That's hot." At the moment, the team's biggest rival is the weather, as thus far all but one of the games have been rained out. Bad weather? In Chicago?? In spite of a no-show last week, Jesse Siegel rallied the team for "BP," which, much to the disappointment of Tess Allan, was in fact "batting practice" and not "beer pong." We're excited to see where the rest of the season takes us.

Sweet Summer Memory:

"My 2 sisters and I didn't go to Dairy Queen very often growing up. But once my aunt took us there, and got us each a chocolate-dipped soft serve cone. I remember my sister not really sure how to conceptualize it all, and started eating it as if it were a chicken leg, rather than, say, a chocolate-dipped soft serve cone. Gravity won and 36 napkins (we counted) were sacrificed. But all was delicious and good."

-Katherine Tran

Anxiety Unpacked

Anonymous

I am a first-year medical student, and I have general anxiety disorder and panic disorder. It took me about five years to realize that I struggle with these disorders, and it took me another three years to accept treatment for them. I knew that I needed help to improve my mental health when I was a sophomore in college. My anxiety was so bad that I couldn't sleep more than three hours a night, and I was having panic attacks almost daily. That's when I decided it was time to see a therapist.

While I felt some shame and embarrassment to know and admit that I had a mental health issue, it was comforting to have a name for my illness, to know that what I was feeling on a daily basis wasn't normal, and that there were several things I could do to not feel that way anymore.

When I was first diagnosed with these disorders, I refused medication for many reasons. I didn't want to take meds every day. I think I was scared of the side effects and unknown long-term effects of taking SSRIs (selective serotonin reuptake inhibitors), such as the possibility of becoming addicted or dependent. I also had no idea how these medications worked, and I feared that my brain chemistry would be changed or that I wouldn't feel like myself once I started taking them. I didn't want to become numb and not experience all the emotions that come with different life events.

I also think I really believed that these disorders were something I could control on my own. In my family, mental health is not something that's really recognized or discussed. I grew up with the idea that if I had a problem, I had the ability to fix it myself. I therefore only accepted seeing a therapist to help with my severe anxiety and panic attacks, and I refused being referred to a psychiatrist. I believed that I was capable and strong enough to learn the skills needed to cope with and to control these disorders by going to therapy.

I was capable, and I still am. My therapists have been wonderful. I have learned so much from therapy and have become much happier, but for some people, therapy isn't enough. I realized that mental health is like a muscle: you can make biceps stronger by working out, but sometimes it isn't enough. Some people's biceps can't get stronger, for a number of reasons. It's the same with mental health: you can really improve your mental health by going to therapy, but sometimes you need some extra help, because there's only so much that therapy can do.

I reconsidered taking medication when these disorders started affecting my academic and personal life again. My coping skills were no longer helping, and I was falling pretty behind in school this past year (not just in class but also in my other extracurricular commitments). It also didn't help when social media makes it appear as though everyone is doing a-ok. None of my classmates seemed to be struggling, but people also didn't know that I was going through a very difficult time because all I posted were highlights of my life when I was feeling good. It came to the point where people started noticing that I wasn't responding to emails, showing up for exams or meetings, or helping with free clinics and club events, and they would question my priorities and commitment. Some of these people were my friends, but most were just classmates who didn't know me well and had no idea what I was dealing with—which only made me feel a thousand times worse.

There have been many times that I wanted to cry and yell at people, *"I have severe anxiety, and I can't handle xyz right now! I am doing my best!"* when I'm given a hard time for failing to do something. But I have learned that I don't owe anyone an explanation, and I just need to do whatever it is that makes me feel

better, whether that's not checking my email, staying in and cooking, taking a walk, going out with friends to have a drink, or lying in bed for over 24 hours.

This past year, there have been many things that have triggered my anxiety and panic attacks: schoolwork, extracurriculars, people, the pressure to be the best at everything. After three years of seeing a therapist, I realized that I learned all I could to lower my anxiety and avoid having panic attacks, but my baseline level of anxiety and panic were still very high and abnormal. So I decided to talk with two friends (an MS4 and another MS1 at Pritzker) who I knew took meds for anxiety because I wanted to hear about their experiences, and I'm so glad that I did. The MS4 answered a lot of my medically-related questions, and the MS1 answered my questions that had to do with how it felt to be on them and how it affected their everyday life. I'm forever grateful that these friends were open with me and understanding of my fears. It is because of them that I decided to take medication, and I am feeling so much better now.

It took me a while to do my research about what meds I was interested in and which psychiatrist I wanted to see. After a few weeks of searching, I found a doctor who had similar ideas and values to mine when it came to prescribing anti-anxiety medications, and I think we're a really good fit. To me, it was important to find someone who wouldn't brush off my fears about taking meds and who was more conservative when prescribing them to people. I liked that my psychiatrist didn't feel comfortable prescribing meds to pregnant women or to underage children. I also appreciated that he didn't prescribe benzodiazepines because they're addictive and very difficult to get off of. These aren't things that matter to everyone, but they were things that really mattered to me when finding the right doctor.

I started taking a low dose of Zoloft when the spring quarter started, but I found that I was experiencing some annoying side effects, one of which was feeling incredibly drowsy all the time and constantly falling asleep during the day, even when I was getting enough sleep at night. I then got off Zoloft, and my doctor instead prescribed Lexapro to see if that worked better for me. I don't plan on taking meds forever, and the good thing about being on an SSRI is that it's relatively easy to get off of when I feel that I'm ready to stop my meds. While SSRIs haven't "cured" me, I've been on them for a couple of months now and feel much better. My daily level of anxiety is a lot lower, I haven't experienced a panic attack in a while, and I'm not super drowsy from the medication. I'm a whole new woman!

The reason I chose to talk somewhat openly about my general anxiety and panic disorders and about being on medication for it is that I know firsthand how difficult it is to talk about mental health and accept help. Yes, we're medical students, but we're all struggling in some way—no matter what we see on social media or what people say. If we saw a patient dealing with these mental health issues, we would help them, right? So why can't we be compassionate towards ourselves and help ourselves get better too?

If you feel a decline in your mental health and would like to talk to someone who truly understands and won't judge you, you are more than welcome to ask the Wellness Committee for my contact information. I'm happy to sit with you, hear how you're doing, and share my experience with you in greater detail. I am also happy to share the contact info for my therapist and psychiatrist because they're amazing, and I highly recommend them.

A final thought: please be gentle and kind to yourself. In order to be a good physician, we need to feel good too.

Wellness Crossword

Dustin Shaw (MSTP)

	A	B	C	D	E	F	G
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							

ACROSS	DOWN
1A- Train, bride, etc	1A- Spongebob accidentally took the bus here
2A- color, but also a pokemon	1B- A meeting place for organized workers
4A- Honda, duty, etc	1C- She's headed to the laundrymat
3A- a type of cuckoo (plural)	9C- Gore, Sharpton, etc.
5A- BNAL	1D- Sweaty place
7A- a toast that your theater coach might give	3E- Mr. Lewis's first initials
8A- "your" in spanish (informal)	6E- a language, a name, and a title
9A- requires a CPAP	F1- You are this, since you think
10A- the not horrible McCarthy	F5- How you would describe Earth's orbit
2F- symbol for micro	G1- It's no longer a country
5F- a degree, but also hogwash	
6D- _____, like a hydrocarbon	
8D- genomics genius at UofC	
9F- "You can catch me, ____, in the new Laferarri"	

Wellness Shout-Outs

Shoutout to **Amelia Waltman (MS1)** for being the most wonderful, peaceful baker and being so willing to share her talents, knowledge, and treats with her classmates!

Shoutout to **Sanjeev Dhara (MS1)** for being a funny classmate who is always willing to make a joke to make you laugh or feel better.

Shoutout to **Risa Brudney (MS1)** for encouraging me to try all kinds of new workout classes and being a fun workout bud!

Shoutout to **Erin Rieger (MS1)** for being the most beautiful presence whose wit and deliciously brewed tea always hit the spot.

Lucy Xu (MS3.5) and **Mark Chee (MS3.5)** do so much for Bridgeport Free Clinic. Thank you both for all the time that you put into guiding us and mentoring us. It honestly makes so much of a difference.

Shoutout to **Lilly Lerer (MS1)** for being a Boss Bitch in Dean's Council this year. You run a helluva meeting, I hear.

Shoutout to **Noam Margalit (MS1)** for being a Boss Bitch in PCRC this year. You know how to speak truth to power, I hear.

Abhinav Srirath (MS1), **Christine Mozer (MS1)**, and **Noam Margalit (MS1)** -- thank you for all of your time and effort dedicated to getting input on our classes!

Shoutout to **Maximilian Hemmrich (MS2)** for always being there for me as a person, and being a warm spirit for our class.

Lilly Lerer (MS1) has unprecedented and unmatched dedication to making Pritzker a more inclusive and loving place. I have never not felt uplifted after an interaction with Lilly.

Kenney Avner (MS3), We're so excited for you and Olivia! Fortunately, you've been working on your dad jokes for years now. Bring on that class baby!

Shoutout to **Blake Tucker (MS3)** for repping the MS3s and being a true force on our IM soccer team! (Even while on his medicine rotation!)

To the **MS1 Women behind the BLWIM conference** - what an amazing job with this year's conference, you all are superstars!

Helen Wei (MS1) is just an all-around amazing classmate. She is always looking for ways to build community and friendships. Everyone needs a friend like Helen!!!

Craig Johnson (MS1) has the sweetest smile and the most jubilant energy. He brightens any room he enters and makes any event more fun!

Christine Mozer (MS1) -- you are such a lovely human. Your kindness, thoughtfulness, and consideration for others brings so much warmth to Pritzker. Thank you for being you!

Craig Johnson (MS1) -- you are so fun to work out with. Not to mention you are jacked. Go Fitzker!!!

Shoutout to **Namrata Garg (MS1)**, **Adi Naik (MS1)**, and **Daniel Ahn (MS1)** for putting in so much time and energy coordinating the first Asians in Medicine Conference!!!

Jennifer Deng (MS1), your constant enthusiasm and joy never ceases to amaze me. I appreciate you so much!

Dar Nwaudu (MS1) and **Dru Brenner (MS1)**, thanks for being the best co-chairs anyone could ask for! <3

Lola Akingbade (MS1), thanks for always encouraging me to focus on wellness & self-care!!

Answer Key:

	A	B	C	D	E	F	G
1	R	U	N	A	W	A	Y
2	O	N	I	X		M	U
3	C	I	V	I	C		G
4	K	O	E	L	S		O
5	B	N	A	L		B	S
6	O	H		A	R	Y	L
7	T	O	D	R	A	M	A
8	T	U		Y	O	A	V
9	O	S	A			R	I
10	M	E	L	I	S	S	A



The Check-Up

Pritzker's Wellness Newsletter

October 2019

A Message From Wellness

Hello Pritzker Family,

Welcome to *The Check Up*! We have a special ~fall~ edition for you this time, so ignore the snow outside, and curl up with a PSL for this one.

Keep reading to get your spook on with an article from Pritzker Horror Honeys, feed your appetite with our fall-food section, and get handy with a segment on woodworking.

As always, feel free to reach out to your wellness representatives with any ideas or concerns, and remember to keep filling out those wellness grants!

Love,
The Wellness Committee

Table of Contents

Wellness Spotlight.....	2
Horror Movie Ranking.....	3
Healthy Fall Cooking.....	4-5
Indulgent Fall Baking.....	6-7
Pet of the Month.....	7
Crossword Puzzle.....	8
Wellness Shout-Outs.....	9
Crossword Puzzle Answer Key.....	10

Best Halloween Costume:

"Wasn't mine but my coworker once dressed as Belle from Beauty and the Beast and then taped photos of tacos all over her: Taco Belle"

Wellness Spotlight:

Louisa Baidoo (MS1)

This past summer, I decided that I wanted to find a new hobby. Although hanging out with my dogs and taking multiple naps a day was certainly an enriching experience, I decided it was time I tried something new. While browsing YouTube videos one day, I happened to come across some furniture building videos. I saw people building various items such as lamps, beds, and bookcases. I knew I would be moving into a new apartment when I began medical school and would need new furniture. So, I decided to build the furniture myself!

To get myself comfortable working with wood, I decided that my first project would be creating a wooden ring. I thought that creating a small piece of jewelry would be easy, but it didn't go well at all... The ring kept falling apart. After multiple attempts, I realized jewelry making wasn't for me! (You learn something new about yourself every day _(ツ)_/). Still determined to learn how to work with wood, I decided to try a new project: fixing a broken side table. I fixed the legs of the table and painted it a new color. This project was a lot easier, but the fact that it turned out well gave me the confidence to move on to a different project.

My next project was building a dining table for my apartment. A few weeks into starting the school year, I began watching videos about how to make a table. After some online research, I learned what tools I would need, bought some wood from Home Depot, and got started. I would clear out space in my kitchen to work on the table a few hours a week and over the course of about 3 weeks, I had built a wooden table from scratch!



It was a really rewarding experience to see my work come to fruition. I also really enjoyed getting to learn a new task. I completed the table while taking "Anatomy" and it was great to have something that could keep me engaged and allow me to take a break from medical school classes. I felt really accomplished knowing that I could seek out resources to teach myself new skills and carry a project through to the end. Although, my projects have not always turned out perfect, I was really proud of myself for creating some items that I could be proud of. I'm looking forward to building more furniture (I'm thinking of making some barstools next) and if anyone is working on their own projects, I WOOD love to hear about them!



The Definitive Ranking of the Top 5 Horror Movies Based On Totally Legitimate Data

B. Farley (MS2) and H. Honeys

Background: It is common knowledge that Halloween is a time for scary things (boo!). Previous research has elucidated that horror movies are scary, joining the ranks of spiders, heights, Step 1, and failure. Thus, we set out to determine what the best horror movies are, in order to help everyone at Pritzker decide what to watch on October the 31st.

Methods: We designed a highly sophisticated survey that included questions about the participants' favorite, second favorite, third favorite, fourth favorite, and fifth favorite horror movies. This survey was disseminated to a totally random sample of Pritzker M2s who just so happen to refer to themselves as the Horror Honeys (n=8). The data were then analyzed by a very unbiased non-statistician who entered her own votes after seeing everyone else's and was definitely influenced by their selections.

Results: There was a wide array of movies included in each Horror Honey's top five, but some clear leaders emerged (fig 1). 63% of participants placed Sinister in their Top Five, while Hereditary and Get Out were both identified as a standout by 50% of participants. The Shining came in fourth with 38% of votes. Silence of the Lambs tied for 5th with 25% of votes, but happens to be the non-statistician's favorite, and so it is listed as the true 5th place winner.

Conclusions: We have proven without a shadow of a doubt that the top five horror movies of all time are Sinister, Hereditary, Get Out, The Shining, and Silence of the Lambs.

Limitations: None at all this study is perfect now go watch some scary stuff!

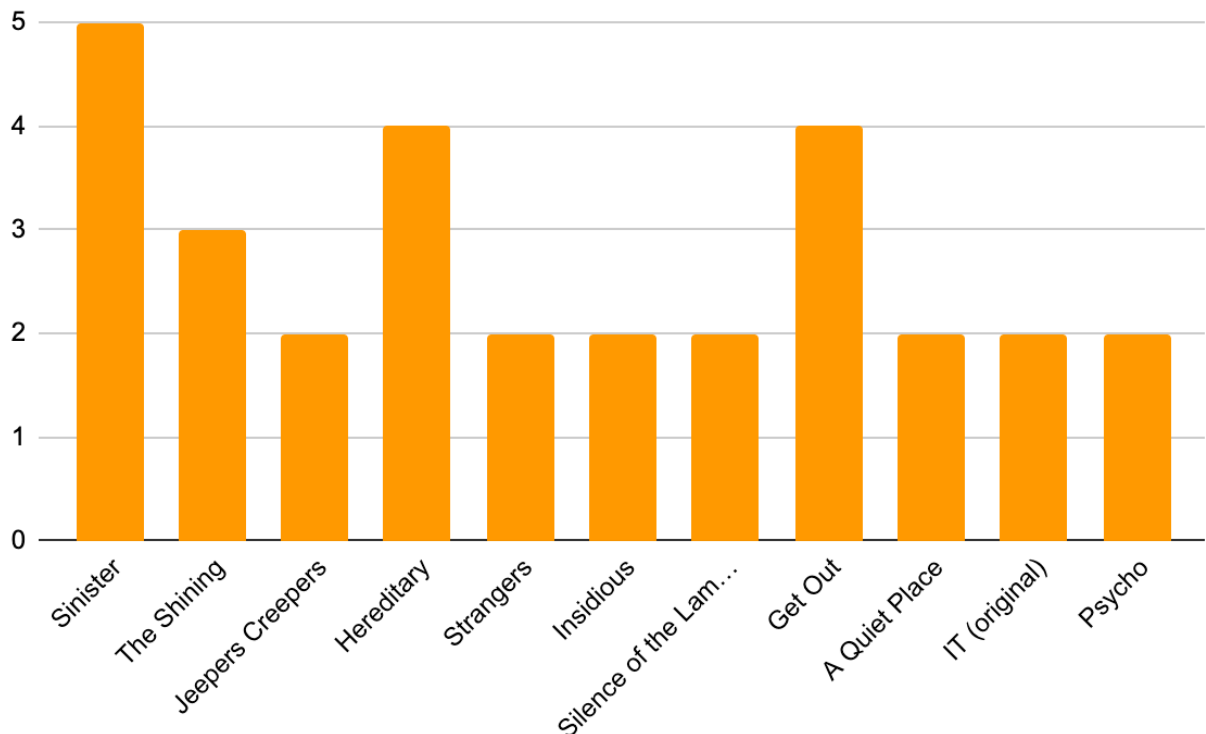


Figure 1. Very Good Data.

Healthy Fall Cooking

Dr. Allison Crawford

Food has a powerful impact on wellness. Food has the ability to create better health or lead to disease. The foods that you choose each day have an additive effect on how you look and feel over time. Healthy foods rich in antioxidants, vitamins, minerals, fiber, and protein will positively affect skin, weight, sleep, focus, concentration, and mental health. What you choose to eat can help you combat stress and do better in the classroom. Planning and cooking meals at home on a regular basis is a great life skill and can also help to save money on eating out.

Wellness is especially important during medical school. Medical school is demanding of both physical and mental stamina. Food choices can strengthen the body and mind and provide more stamina during study, exams, and long days on the wards. A key ingredient in food wellness is learning how to put nutritious principles into action. In other words, cooking. Choosing one day per week to meal plan and prep can make daily cooking easy and efficient. This adds to your health, wellness, and wallet. Stocking the kitchen with dry good staples, healthy oils, and a few spices can serve as a base for any meal.



What should I eat? Food comes in three main categories: carbohydrates, fats, and proteins. These are also known as macronutrients and each are important in a healthy diet. Carbohydrates can come either as simple/refined/processed (i.e. white bread, pasta, white rice, cookies, crackers, sugar sweetened beverages, alcohol) or whole/complex (i.e. whole grains, fruits, vegetables). It's important to add "good" carbohydrates to your diet each week. Fruits and vegetables are at their nutritional peak when they are in season. Frozen fruits and vegetables are also a good option as they are flash frozen at their peak and are usually less expensive than fresh produce. Whole grains such as quinoa and steel cut oats are high in fiber and protein. Healthy fats are unsaturated fats. These fats are generally liquid at room temperature, examples include olive oil, canola oil, and grapeseed oil among others. Unsaturated fats are cardioprotective. They lower harmful LDL cholesterol and raise beneficial HDL cholesterol. Unsaturated fats can be found mostly in plant and marine sources, such as nuts, seeds, oils, avocado, and salmon. Saturated fats should be avoided as they raise harmful LDL cholesterol. Saturated fats are typically found in animal sources, such as red and processed meats and dairy products. Coconut oil and other tropical oils are high in saturated fat (coconut oil has more saturated fat than butter).

Protein is an important part of the diet, however, source of protein matters for health. A complete or whole protein is one that contains all nine essential amino acids that the human body cannot make on its own and therefore must obtain from food. Typically, animal-based sources of protein are complete proteins and plant-based sources are not. There are some exceptions, such as quinoa, which is a complete protein (and excellent source of fiber). This means that if you eating a primarily plant-based diet it is important to mix in different sources of plant-based protein to ensure getting all of the nine essential amino acids. Recent research has found that when compared to plant-based protein, animal-based proteins are associated with higher risk of cardiovascular disease mortality and overall mortality. This could be due to the other components in the food that travels with the protein but it is not completely understood yet. Plant-based sources of protein have the added benefit of being high in fiber, vitamins, and minerals. Excellent sources of plant-based proteins include tofu, soybeans, lentils, chickpeas, barley, oats, millet, hemp seed, chia seed, almonds, natural (unsweetened) almond or peanut butter.

What should I stock in my kitchen? Choose a variety of dry beans and legumes, such as lentils, chickpeas, black beans, kidney beans. Include an array of dry whole grains; try interesting grains like amaranth, millet, farro, and quinoa. These items are less expensive when bought in dry form (not canned or precooked) and store well. Either beans or grains (or both) can be the basis of any meal, which provides an excellent amount of protein and fiber. Then build with fresh or frozen vegetables, additional sources of protein if desired, and spices or herbs. Keep one or two healthy fats in your kitchen, such as extra virgin olive oil or 100% canola oil. Canola oil is a less expensive alternative to olive oil and is better for cooking at higher temperatures. Cook a batch of grains and/or beans once a week to last the entire week. Plan meals and buy produce weekly to avoid waste. Pre-chop fresh fruits and vegetables all at once on your prep and cook day. This will ensure that you have healthy food items readily available and help you to make nutritious choices when busy. Try the fall recipe below to start off your next week.

ADZUKI BEAN STEW

Recipe credit: *The Natural Gourmet Institute for Health and Culinary Arts*

Yield: 5 cups

2 tablespoons 100% canola oil or EVOO

6 ounces onion, large dice

1/2 teaspoon sea salt

2 tablespoons minced garlic (2 large cloves)

1 cup adzuki beans, soaked overnight, drained and rinsed 2-inch piece kombu

5 cups vegetable stock

1 pound butternut squash, peeled and cut into large dice 2 tablespoons ginger juice (3 ounces fresh ginger)

2 tablespoons tamari or more to taste

2 tablespoons thinly sliced scallions (1/2 bunch)

1. In 1-gallon pot on medium-low flame, heat oil. Add onion, salt, and garlic. Sweat until onions become translucent. Add adzuki beans, kombu, and stock. Cover and bring to boil over high heat, reduce heat and simmer, partially covered, for 30 minutes or until beans are almost tender.
2. Add butternut squash, cover, and continue simmering 20 minutes or until beans, onions, and squash are tender.
3. Remove kombu. Add ginger juice and tamari. Season to taste.
4. Garnish with scallions and serve.

**Best Halloween
Costume:**

“Robin of Ixodes”



Nutritional Highlights: Adzuki beans

Also known as “red beans,” adzuki beans are a popular ingredient in Asian cuisine, particularly sweet desserts. Adzuki beans are high in fiber and low on the glycemic index, which means they slow the process of digestion, regulate blood sugar levels, and the lower the risk developing diabetes.

Indulgent Fall Baking

Teeny Halloweeny Treats: Pumpkin Cheesecake Macarons

Unless you have a nut allergy, in which case these are Tricks

Amelia Waltman (MS2)

Inspired by a recipe from the blog Sweet & Savory by Shinee

Makes 24-30 macarons, depending on how large you pipe them

Ingredients

For the shells:

- 180 g almond flour
- 160 g powdered sugar
- 140 g granulated sugar
- 132 g egg whites (about 4 eggs)
- 1 pinch cream of tartar (optional)
- ¾ tsp pumpkin pie spice
- Orange food coloring (or red + yellow)

For the filling:

- 4 oz canned pumpkin purée
- 6 oz cream cheese
- 2 oz sweetened condensed milk

For decorating:

- Mini chocolate chips



Directions:

- Sift the almond flour, powdered sugar, and pumpkin pie spice together in a large bowl.
- With a hand mixer, beat the egg whites and cream of tartar together for 1 minute. Pour in 1/3 of the granulated sugar, beat for another minute; pour in another 1/3 of the sugar and beat for a minute more. Pour in the rest of the sugar and beat until soft peaks form, between 1 and 2 minutes more. When you lift the mixer, the tips of the peaks should be about as floppy as the ear of a 3-month-old German Shepherd puppy.
- Add a few drops of food coloring to the meringue and beat until just mixed. Make it a shade more vibrant than you want the final shells to turn out, as the dry ingredients will dilute the color slightly.
- Very gently (you don't want to knock the air out) fold the dry ingredients into the meringue by repeatedly running a spatula around the edge of the bowl and folding it across the top of the mixture. Mix until the batter pours off the spatula in ribbons and takes a few seconds to sink back in.
- Line a baking sheet with parchment paper. Spoon the batter into a piping bag or a Ziploc. Use a round piping tip if you have one; if not, just snip a small (~0.5 cm) hole in the Ziploc. While squeezing the bag gently, move the tip in approximately this pattern:



to achieve a pumpkin shape – the lines will hold somewhat to give nice pumpkin-y sulci after baking. Trust me when I say it is easier with batter than with the PowerPoint squiggle tool. Don't worry too much about making them perfect, pumpkins are meant to look ~rustic~!

- Once you have piped all the batter, tap the baking sheet gently against a countertop to remove any air bubbles. Then, let the tray sit for about thirty minutes at room temperature, until the tops don't stick to your finger when you tap them lightly. This drying step is important to form a skin on the macarons and help them develop nice "feet." While they are drying, preheat your oven to 290F.

- Cook at 290F until when you push down gently on the top, there is no sinking or jiggle around the base; this will let you know they are fully cooked inside. Start checking after 15 minutes, but the total time needed will depend on your oven – sometimes it takes mine up to 30 minutes.
- Once done, take the parchment paper with the macarons off the baking sheet and leave it to cool completely. Once cool, peel the macarons off. If they are sticking to the paper, you can try putting them on a baking sheet in the freezer for 10 minutes to help them come off more easily.
- Make the filling: whip together the pumpkin, cream cheese, and sweetened condensed milk until fluffy. Load into a piping bag or another Ziploc.
- Match up shells of similar sizes into pairs. Pipe some filling onto the inside of one shell, then squish its pair on top of it to create a sandwich. Top with a mini chocolate chip in the middle to be the stem (it should stick to the filling).
- Let them rest overnight in the fridge to soften.
- Bone appetit and Happy Halloween!

Pet of the Month

Reem Hamoda (MS1)

Hello there! My name's Viola Davis, affectionately named after the esteemed Oscar, Tony, and Emmy award winning actress and absolutely beautiful goddess queen of the same name. I'm a six year old rescued French bulldog/American Staffordshire terrier mix, and I'm a mama! My hobbies include sleeping, chewing on my Kong, sleeping, dental treats, food, chewing on my Kong, playing fetch, snuggling with mom, chewing on my Kong, and sleeping! I love meeting and showering new people with soft kisses, and I'm just the best when you just need a good cuddle! Hit up my mommy/butler/personal assistant Reem anytime if you ever want to snuggle!



Wellness Crossword

Dustin Shaw (MSTP)

Best Halloween

Costume:

"Netflix and Chill (I was and am very chill)"

	A	B	C	D	E	F	G	H	I	J
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										

ACROSS	DOWN
1A- The Haunting of ____	A1- A movie about the Sanderson sisters
2A- Quality of being hateable	B1- antics involving expressions natural to native speakers
3A- Rags to riches via pumpkin	C1- ____-Manuel Miranda
4A- University of Ottawa abbreviation	F1- a Dungeons and Dragons movement (abbrev)
5A- Not so spooky pirate from Peter Pan	G1- you wont learn anything
6A- Find these trees in California and Florida	H1- Part of wellness is not doing this
7A- Cute aquatic mammal	I1- A certain type of language class
8A- Young shoot or twig of a plant	J2- a place of safety
9A- UCRT	C5- a ride at six flags
10A- access multiple softwares with this (abbrev)	I5- internet provider that used to be around
4D- Stock market abbreviation for a large investment banking enterprise	E6- the older
4G- in statistics it is better to have fewer of these (abbrev)	F8- ____-de-pied, a ballet term
5F- color and a flower	
6G- fool	
7G- Asian river	
8F- ____ di Venezia	
9F- Rings ____ Fingers	
10E- to a great extent	

Wellness Shout-Outs

Dana (and our mutual horizontal time), (MS1) :)

Cody (MS2) - He reminds me to be kind to myself.

Robert Hight (MS2) - You are the apple of my eye at Pritzker. Thank you for all of the joy you give me in the library & beyond. Te quiero! -Katherine Brito MS2

Nikita Deshpande (MS2)'s yoga classes are consistently a highlight of my weeks. She is a talented teacher who pushes you just enough but also makes you laugh and relax...and she curates impeccable playlists to boot. I am so grateful that she donates her time each week to other students' wellbeing!

Maria Ruiz (MS1)! - Thoughtful, observant, funny, full of joy

Leonie Oostrom (MS4)

Alyson Yee (MS2) - You are a delight! You never fail to brighten my day with your sunny outlook. Also, you are such a badass. I'm so glad you joined our class!

Shout-out to **Dan Camacho (MS2)** for being hilarious and sophisticated. I can't wait to get to know you better!

Shout-out to the **Wellness Committee** for all your hard work and creativity in putting on a steady stream of amazing events for us!

Shout-out to **Matt Bonomo (MS2)** for inspiring me to be better while laughing more.

Shira Fishbach (MS2) keeps me well by always letting me randomly dump the full weight of my emotional predicaments onto her, sparing absolutely no detail, every single time, with no advanced warning.

Kimberly Klafta (MS2) keeps me well by being an undercover comedian, routinely making me weep with hilarious observations and uncannily spot on impressions. I know she was a former nurse, but was she also a former stand up comic?

Vivek (MS1) - that young man's smile could light up the world.

David Obadina (MS1) - I don't know if I'll meet a jollier human in my lifetime. He is so jolly!

Brie Farley, Alyson Yee, and Amelia Waltman (MS2) for being the best bouldering buddies a girl could ask for!!

Philip Sossenheimer (MS4) - The kindest, nicest, funnest, coolest person ever. Helps me with the crossword everyday and shares his sweet treats.

Juhi Gupta (MS2) never fails to make me feel better after talking to her. <3

Answer Key:

	A	B	C	D	E	F	G	H	I	J
1	H	I	L	L	H	O	U	S	E	
2	O	D	I	O	U	S	N	E	S	S
3	C	I	N	D	E	R	E	L	L	A
4	U	O		G	S		D	F		N
5	S	M	E	E		L	I	L	A	C
6	P	A	L	M	S		F	O	L	T
7	O	T	T	E	R		Y	A	L	U
8	C	I	O	N		C	I	T	T	A
9	U	C	R	T		O	N	H	E	R
10	S	S	O		H	U	G	E	L	Y