



Mile Highlights | University of Colorado Internal Medicine Residency Program Newsletter

From the Program Director



Dear Residents,

Happy new year! We hope that each and every one of you had the opportunity to spend time with family and/or friends over the holiday season. The new year is a great time to reflect on the past year and look ahead to new challenges and opportunities. Upon reflecting on the past year, the thing that is most evident is how unbelievably

fortunate we are to have residents in this program that are so committed to patient care, passionate about improving the lives of others, and advancing the field of medicine. Every single day we receive messages of the amazing work that you are doing. Thank you for all the long days, hard work, and dedication to your patients and your community.

As a program we are also looking forward to new opportunities this year. One of our main focuses will be to develop a robust community engagement program to better understand the unique challenges facing all members of our community and to help improve the lives of those we serve. We will continue to focus on our POCUS and procedural training opportunities. We also look to continue to improve your experience in the program every day and appreciate your partnership and feedback.

We just wrapped up the interview season and we greatly appreciate everyone who took the time to talk to the applicants about your experience in the program. We cannot continue to recruit outstanding people to the program without your help. It has been an amazing recruitment season and we have gotten to know some truly incredible people from all over the world. We feel confident that your new colleagues for next year will bring incredible diversity, passion, and talent to the program.

As Dr. Chopra always says....Onwards! Happy New Year!
Geoff, Katie, and Julia

Table of Contents

[News & Updates](#)

[Spotlight on Scholarship](#)

[Education Corner](#)

[Academic Opportunities](#)

[Dates & Deadlines](#)

[Job Board](#)

[Take Five](#)

[Program Feedback](#)

[Resources & Assistance](#)

!! News & Updates

Residency Shout-Outs

- Congratulations to **Dr. Natalie Van Ochten** who was accepted into the very competitive American College of Cardiology Women's Cohort for 2024! The ACC sponsors several women residents and fellows with great potential for leadership and impact in cardiovascular medicine. The program provides and introduction to ACC leaders, partnering organization leaders, presentations by leaders in the field of cardiology on available opportunities, success rates, and pragmatics and an opportunity for networking with leaders and mentors to build relationships. Well done, Natalie!
- **Dr. Santana Sanchez** received positive feedback from one of the Oncologists at Denver Health highlighting his excellent work: "While I have not met him, or worked with him in person, I recently saw 2 patients evaluated and admitted by him overnight at Denver Health. He did an excellent work up of pancytopenia. His notes were really thorough. I wanted to commend him".
- IMRP's own **Drs. Adrienne Mann (APD) and Tyra Fainstad (Lowry Clinic Director)** have been making the rounds sharing the results of a RCT studying the impact of their coaching program [Better Together](#). Check out the results of their national RCT among over 1000 GME trainees just published in [JAMANetwOpen](#), and [This one](#) in Academic Medicine. Check out their recent podcast interviews on [Unf*ck your Brain](#) and [Doctors Living Deliberately](#), both released this past month. Keep your eyes out in January for the invitation to join our next cohort of Better Together, and join thousands of other residents across the country in earning how to battle burnout, quiet your inner critic, and change the culture of medicine by collectively re-writing the narrative of what we are here to do.
- **Dr. Julie Venci**, MedPeds Residency Program Director, co-created a simulation experience with the **Center for Advancing Professional Excellence (CAPE)** "to give interprofessional learners on the CU Anschutz Medical Campus a safe environment in which to identify and address biases and stereotypes when providing care for marginalized patients who experience more significant health inequities." Check out the full article [here](#)!

📢 Spotlight on Scholarship

Scholarship Opportunities

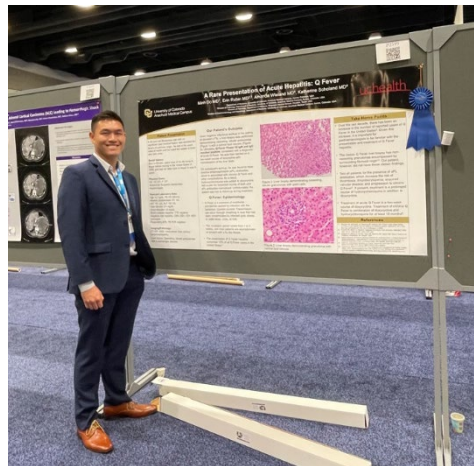
- We are excited to be bringing back the "**Senior Grand Round Series**"! We are hoping to gather additional residents who are interested in giving a senior grand rounds talk in noon conference. If you are interested in giving grand rounds, please fill out this form: <https://forms.office.com/r/MRrWc2PJ4r>. This is an opportunity for senior residents (R2s and R3s) to share the amazing work they are doing with their residency colleagues and faculty. Get 1 on 1 feedback on preparing and giving a presentation (CMRs, faculty mentors, etc.) Expose other colleagues to various mentors and projects that are going on in the specific departments. The content can include any scholarly activity whether it is research, clinical, community based, QI, inpatient or outpatient etc. We will work with you and your schedule to find a time on

continuity clinic or elective to give your presentation. This will take place during noon conference at your preferred site (ideally wherever your mentor is). The intended stress level is LOW!!! You can present any work that you have been a part of over your time in residency. Work already presented at conferences is fair game! For more information please get in touch with a chief resident.

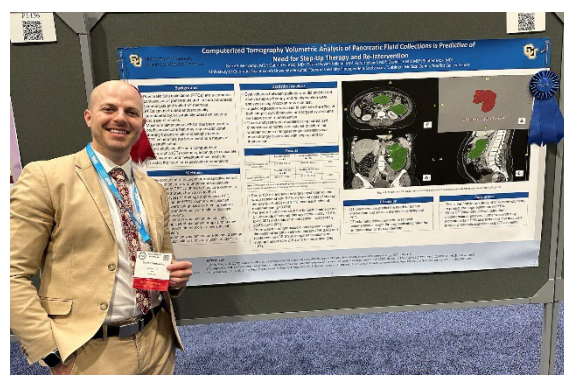
- **Denver Health** has launched a [Healthcare Workers Survey](#) and hope you will take less than five minutes to share your opinions on a number of key issues relating to firearm safety education and what measures Denver Health can take to address this public health issue. The survey is part of the **SAFER project**, which promotes and encourages the safe storage of firearms by increasing education and health care worker preparedness in discussing the importance of firearm storage to reduce the number of firearm-related injuries. You can [take the survey online](#). Participation is anonymous, but participants may choose to enter a drawing for a \$50 gift card. Thank you in advance for sharing your thoughts on this issue.

Publications & Presentations

- **Beret Fitzgerald** was first-person author on an article published in the Journal of Internal Medicine entitled [“The Society of General Internal Medicine’s Recommendations to Improve LGBTQ + Health”](#).
- **Kevin Ni** was an author on the published article [“Alpha-1 antitrypsin inhibits fractalkine-mediated monocyte-lung endothelial cell interactions”](#)
- **Minh Do** presented two posters at the ACG 2023 Conference in Vancouver; “A Rare Case of Acute Hepatitis: Q Fever” was awarded the Presidential Award!



- **Nicole Rueb**, along with co-authors **Karan Rai** and **Cara Saxon**, presented a poster titled “Septic Shock with a Lack of Ambition” at the CHEST Conference in Hawaii.
- **Gus Ruchman** gave an oral presentation at the SGIM Mountain West Regional Meeting, titled “Creating a clinical pathway for inpatient initiation of direct-acting antivirals for hepatitis C infections”.
- **Garrett Weskamp** won a presidential poster award and outstanding presentation award for his submitted abstract to ACG in Vancouver:



- **Yaa Asare** and **Natalie DeQuillfeldt** participated in the teaching competition at the SGIM regional meeting in Aurora on October 6th and won with their 10-minute talk on “Medication Abortion in the First Trimester.” For anyone interested in learning the material, they can access it on TeachIM.org



- Congrats to **Elizabeth Stein, Reid McCallister**, and faculty member **Tyler Miller** whose abstract "Application of Schema-Based Clinical Reasoning to HFpEF to Diagnose TTR Amyloid Cardiomyopathy in a Previously Health Veteran" was selected for a poster presentation at the ACP Colorado Chapter conference on February 2, 2024 at the Broadmoor Resort in Colorado Springs!

Do you have a paper, presentation, award, or other scholarship to highlight in a future newsletter? Email your submission to Elle.Contreras@CUAnschutz.edu



Upcoming Lectures & Education

WES - block 6

R1s:

- ACS core content session
- palliative care core content reviewing pain and other symptom management, goals of care discussions
- Med Ed pathway core session #1
- More than Medicine session #2

- procedure simulation

R2s/R3s:

- track session
- Bayesian Reasoning modules 2.0 developed by Dr. Baduashvili - R2s
- addiction medicine core content R2s, stroke simulation R3s
- Career development: recently matched fellows panel
- procedure simulation
- intro to policy/advocacy led by Drs. Ram, Fitzgerald, and Mayer

DOM Grand Rounds:

- **Jan 24th: Sowing the Seeds for Success: Career Development & Mentoring of Clinician Educators**, presented by **Patricia A. Kritek, MD, EdM**, Professor of Medicine, Division of Pulmonary, Critical Care and Sleep Medicine, Vice Dean for Faculty Affairs, University of Washington School of Medicine
- **Jan 31st: Gene Therapy and Personalized Medicine**, presented by **Hatim Sabaawy, MD, PhD, MS**, professor of medicine, Division of Medical Oncology, Associate Director of Translational Research, Department of Medicine, University of Colorado School of Medicine
- **Feb 7th: Barrett's Esophagus and Esophageal Cancer**, presented by **Sachin Wani, MD**, professor of medicine, Division of Gastroenterology and Hepatology, Department of Medicine, Director and Chair, Katy O. and Paul M. Rady Esophageal and Gastric Center of Excellence, University of Colorado School of Medicine
- **Feb 14th: Wahlstrom Invited Lecture**, presented by **Jennifer E. Flythe, MD, MPH**, associate professor of medicine, Vice Chief, Division of Nephrology and Hypertension, Department of Medicine, University of North Carolina School of Medicine; Medical Director, Acute Dialysis Unit, UNC Hospital

[DOM Grand Rounds Schedule](#)



Academic & Fellowship Opportunities

Featured Opportunities

- The **General Internal Medicine Fellowship Program at MD Anderson Cancer Center** combines advanced clinical training in the care of internal medicine issues of cancer patients and survivors, clinical research training, and healthcare quality improvement training. This is a one-year academic training program focused on development of skills for a successful career in academic internal medicine. To apply, send application materials to Felicia Berry, Education Program Coordinator at gimfellowship@mdanderson.org. For additional information, visit www.mdanderson.org/gimfellowship.
- Are you motivated to bring dignified, justice-oriented, and sustainable improvements to the healthcare of vulnerable populations within global and local communities? If so, **The University of Washington's Department of Global Health and Department of Medicine** invite you to apply to the **University of Washington Global and Rural Health Fellowship** which will start July 1, 2024. This unique training program will provide the knowledge, leadership skills, and hands-on experiences needed to help you launch your career as an effective leader, researcher, and advocate in global and rural health. If you have any questions or would like more

information, please visit our website at <https://aid.uw.edu/education-and-fellowships/global-and-rural-health-fellowship>, contact the program coordinator at uwgrh@uw.edu, or contact the program director Dr. Laura Romcevic Davis at romcevic@uw.edu. We are now accepting applications through December 31st, 2023.

Learn more about the [latest academic and fellowship opportunities](#).



Dates & Deadlines

Refer to the [Residency Roadmap](#) for key program dates and deadlines.



Job Board

- **White Plains Hospital Physician Associates** currently has a Primary Care physician opportunities within our health network. This organization has a need for candidates interested in working with the most experienced and respected Internal Medicine and Sub-Specialties in the **Westchester County, New York** area providing patients with the highest quality care. Full and part time options available. Recent Physician graduates welcome. If interested, please contact: JoAnne Carrier at jcarrier@wphospital.org. For more information, please visit our [job opportunities](#) page.
- **Cross Country Search** is working to recruit physicians for clinical faculty positions in **Iowa City, IA** that offer a dynamic mix of activities within the Division of General Internal Medicine. Specifically, we are looking for Hospitalists interested in working in a stimulating environment and have a strong interest in professional development. For additional information, contact Selena Dickherber at 314.887.4922 (text capability) or email sdickherber@crosscountry.com. For full job posting, please see our [job opportunities](#) page.
- **San Juan Health Partners Internal Medicine in Farmington, New Mexico**, is recruiting for an Internal Medicine Physician for our outpatient clinic. This opportunity not only brings with it a great place to live, but offers a caring community and hospital environment with a team dedicated to providing personalized, compassionate care. San Juan Regional Medical Center is a non-profit and community governed facility. Farmington offers a temperate four-season climate near the Rocky Mountains with world-class snow skiing, fly fishing, golf, hiking, and water sports. Easy access to world renowned Santa Fe Opera, cultural sites, National Parks, and monuments. Farmington's strong sense of community and vibrant Southwest culture make it a great place to pursue a work-life balance. For more information, please contact Terri Smith at 888.282.6591 or 505.609.6011 (phone) or tsmith@sjrmc.net (email). Please consult our [job opportunities](#) page for more information.
- The **Department of Medicine at Massachusetts General Hospital in Boston**, a 1,000 bed Academic Medical Center is actively seeking Hospitalists. The Hospital Medicine Unit is a comprehensive Academic Hospital Medicine service with a mission of delivering outstanding inpatient care, while fostering academic advancement and professional growth for its clinicians. We are seeking exceptional hospitalists to join the HMU team. This is a unique opportunity to obtain valuable experience caring for

medically-complex inpatients in the stimulating and supportive environment. For more information and immediate consideration, please forward C.V. and availability to Steve Pearlstein (steve@olesky.com or cell 617-359-6956) for introductory phone call.

- **Billings Clinic**, a Montana-based, not-for-profit health system and member of Mayo Clinic Care Network and Children's Hospital Colorado Care Alliance, is Seeking BE/BC Outpatient Internist and an IM Residency Outpatient Faculty Physician to practice at one of our beautiful locations in **Billings, Montana**. To find out more, please contact physicianrecruiter@billingsclinic.org, or visit our [job opportunities](#) page.
- **Commonwealth Primary Care, Inc. (CPC)** is a physician practice providing services to patients at eight office locations throughout the **Richmond, VA** metropolitan area. We are seeking primary care physicians to join our team who share our commitment to a patient centered approach to healthcare and a strong desire to serve the residents of Richmond and the surrounding communities. New graduates are welcome to apply! We offer a variety of scheduling options from 3 days to 4 ½ days per week - NO weekend or evening shifts! Interested candidates please email your resume to Summer Pharr at spharr@langerecruiting.com or apply online at <https://www.careers-page.com/lange-recruiting/job/LR9X7796>. Full job posting can be found on our [job opportunities](#) page.
- **Endocrinology physician(s)** are needed for academic and hospital-employed positions throughout **Alabama**. Established practice(s) seek Endocrinology trained physicians for outpatient setting as well as seeking an experienced Academic Division Chief of Endocrinology located on the Gulf Coast. Please send your CV today to explore your options in this highly sought-after field -- diane@medplan.biz or call 205-870-7068 (work). All inquiries are confidential. To find out more, visit our [job opportunities](#) page.
- **The Ohio State University Wexner Medical Center (OSUWMC)** is hiring physicians/faculty throughout our organization, including mainly outpatient openings in General Internal Medicine, Internal Medicine/Peds, and Geriatricians. For consideration, please email your CV and cover letter to kamala.carlberg@osumc.edu. Full job posting can be found on our [job opportunities](#) page.
- **Cumberland Medical Center** is a member of Covenant Health, an award-winning Tennessee healthcare delivery system serving 25 counties and committed to providing excellent care for our 2 million+ patients each year. We have opportunities for two internal medicine physicians at practices in the Crossville, TN area. Covenant Health is the area's largest employer and has been recognized by Forbes as a Best Employer eight times. Learn more at CovenantHealth.com. To find out more, visit our [job opportunities](#) page.
- The **VA** has Internal Medicine positions available in **NV, HI**, and various cities in **CA**. For more information, please visit our [job opportunities](#) page. CV can be sent to Cooper Drangmeister, Physician Recruiter, at cooper.drangmeister@va.gov.
- The **Division of Hospital Medicine in the Department of Medicine**, Joe R. and Teresa Lozano Long School of Medicine at **UT Health San Antonio (UTHSA)** is recruiting a Hospitalist. This faculty position will hold an appointment of Assistant Professor/Clinical, Associate Professor/Clinical, or Professor/Clinical dependent on level of experience. The San Antonio area provides an outstanding quality of life. If interested, individuals should apply at the UT Health Careers website at <https://uthscsa.referrals.selectminds.com/faculty/jobs/open-rank-hospitalist-hospital-medicine-msrh-11127> and/or email inquiries with a copy of curriculum vitae to boernerl@uthscsa.edu.

- **AMN Healthcare** has primary care opportunities in **Naples, FL** available to start in September 2024. We are a primary and multispecialty group practice consisting of nearly 1,300 physicians and other healthcare professionals with diverse expertise in 40 medical specialties. The practice will be 100% clinical with teaching and leadership opportunities potentially available in the future (not at the start). Providers will likely ramp up to a volume of 15-16 patients per day. \$300K salary for experienced providers and a 3-year guarantee for new graduates. For full job posting, please consult our [job opportunities](#) page.
- A well-established and physician-owned multi-specialty group in the **Greater New York Metro Area**, is currently seeking Internal Medicine Physicians. Physician-owned and run multi-specialty group representing all major specialties. Base Salary \$250,000-\$300,000. Year 1 & 2. Once established Physicians earn \$400,000.-\$500,000. Tremendous in-house referrals. Extensive Physician Support. Prompt Labs & Radiology, Inhouse CT & Advanced EMR. PA/NP Support, Medical Assistants & LPN's. Excellent New physician Orientation Program. 30-year history and an excellent reputation in the community. Noticeable Collegiality. Patient First Practice Philosophy. For more information, please visit our [job opportunities](#) page or contact John McCusker at john@originsearch.net.
- **McFarland Clinic** is seeking a BE/BC Internal Medicine Physician to join our extraordinary team in **Ames, Iowa** within Iowa's largest physician-owned, multi-specialty clinic. Full job posting can be found on our [job opportunities](#) page or by contacting Doug Kenner at physicianjobs@mountainmedgroup.com.
- **Accepting Applicants: General Internist, Primary Care, Hospitalist. Indian Health Service, Gallup Indian Medical Center, Gallup, New Mexico.** Consider joining us at Gallup Indian Medical Center, located in New Mexico's beautiful high desert! General Internists in our department care for Native American patients in the primary care clinic, inpatient wards and ICU and do so alongside an experienced, purpose-driven team of providers. Bordering the vast Navajo Nation, Gallup is a semi-rural city with relatively limited resources compared to large urban centers. Practicing here provides physicians the opportunity to engage with the complex medical, social and economic environment of the local Native American community. For full job posting consult our [job opportunities](#) page.

Learn more about the [latest job opportunities](#).

Take Five

Join us in wishing these residents a happy belated birthday from November and December, and happy birthday in January and February:

November 6th: Nicholas Tan
November 11th: Thomas Mee
November 13th: Priyanka Nadar and Ashley Vincent
November 17th: James Jurica
November 19th: Corinne Camp
November 20th: Nikolai Harroun and Natalie Longino
November 22nd: Nicholas Ciancio and Kyle McDaniel
November 23rd: Sarah Haeger

November 25th: Soufiane Azargui
November 27th: RayLee Otero-Bell
November 30th: Rissa Zudekoff

December 3rd:Bejan Saeedi
December 6th:Samantha Thielen
December 7th:Megan Kotzin
December 9th:Kayla Gu
December 9th:Kenten Kingsbury
December 11th:Emmeline Kim
December 13th:Nicole Shammas
December 14th:Timothy Halbesma
December 21st:Evan Zehr
December 23rd:Wesley Figg, Christina Fischer, Alexander Paap
December 24th:Brian Adams
December 27th:Kaitlyn McLeod
December 28th:Britney Peterson, Sanjna Vinze
December 29th:Troy Sterling
December 31st:Leigh Dairaghi

January 1st:Natalie Nguyen
January 3rd:Dana Arenz, Sarah Lentz
January 5th:Megan Moore
January 7th:Samuel Fountain
January 12th:Francis Wright
January 14th:Maxwell Mayeda
January 16th:Jesse Sanchez
January 17th:Brittany Becker
January 18th:Alexandra Fuher
January 20th:Meghana Patel
January 21st:Laura Rodriguez
January 23rd:Karan Rai
January 25th:Phillip Acosta

February 1st:David Spezia-Lindner
February 2nd:Nicholas Bianchina
February 8th:Elena Penhos
February 9th:Kira Grush
February 10th:Fiona Thuy Chiu, Natalie deQuillfeldt
February 11th:Brian Hughes
February 15th:Laura Simon
February 20th:Roger Winters
February 21st:Maria De Faria Figueiredo, Daniel Galvan, Reid McCallister, Ryen Ormesher
February 22nd:Rachel Murphy
February 29th:Ruth Wang

- The Wellbeing Council created a **CU Move app** instructional handout (a program that provides monthly reimbursement to residents for steps / physical activity):

CU Health Plan - Move

Get paid for being active with *Move*.

Earn \$25/month!

Log 12 days/month of:
>10,000 steps OR 30 minutes of physical activity

If you are a primary member of a CU Health Plan, you are eligible for the *Move*. Program!




1. Download CU Health Plan Move from app store.

2. Click "Enroll Now."


3. Enter employee ID as printed on paystub and @cuanschutz.edu email address.

Need more information? Click the QR code.


Technical Support: support@fitdigits.com


Download app here:



Find paystub here:



my.cu.edu



Follow the Internal Medicine Residency Program on [Instagram](#) for more updates!

Program Feedback

Curriculum Committee: We reviewed the medical education thread during our November meeting. We are going to focus on the following areas for the next year: creating a more intentional R3 pre-attending experience in clinic and on the wards and building support for med ed scholarship.

RPEC: B block just completed an RPEC on jeopardy - more details to come in the next newsletter!

Anonymous Reporting: Thank you all for using the [anonymous reporting link](#) on our webpage. For those who have not used this feature, you can [click here](#) to report anything at all to the program. We welcome and encourage and prefer direct feedback to the chiefs, to your class leaders, and our program leadership...but we know that sometimes none of that feels right and you would like to stay completely anonymous but still need us to know about something that has occurred. We get it. Issues reported here go directly to Dr. Connors and are completely unidentifiable. In an effort to close the loop on these reports – as best as we

can do without knowing the reporter and while respecting privacy – we will use this section each month to let you know what is happening with anonymously reported issues.

Reports: Microaggressions and Harassment: We have received 48 reports of microaggressions or harassment so far this year. 15 from UCH, 14 from DH and 19 from the VA. Previous trends continue in that most incidents at the U involve attendings, most at the VA come from patients and at Denver Health mostly from nurses. At the University, we greatly appreciate your specific feedback, as your feedback has been critical in terms of demanding change. At Denver Health, we are currently targeting upstander training and expectation-setting around culture on wards services and are in talks with leadership about how to move forward. At the VA, while microaggressions from patients still happen on a regular basis, we are happy to see that in most of the feedback, residents report that co-residents and/or attendings have been addressing behaviors effectively.

Resources & Assistance

We know that residency can be a challenging experience. If you need any help for yourself or someone else in the program, please use the following links and contacts. If there is something you want the program to know and/or act on in an anonymous fashion, there are several ways to do that as well...check them out below.

Mental Health Resources:

Need urgent mental health care?

For urgent mental health concerns after-hours, on weekends, or on holidays: call 303-370-9127 for the on-call psychiatry attending.

For urgent concerns during weekdays:

- Call 303-724-4716 and inquire about same-day appointment availability at the resident mental health clinic or email triage counselor, Jenn Quigley, jennifer.quigley@cuanschutz.edu
- If you are having problems getting a same day appointment, contact Dr. Julie Wolfe (clinic director) directly at 303-724-9579 or julie.wolfe@cuanschutz.edu

Resident Mental Health Clinic (also helps students and fellows)

Routine appointments:

- Call 303-724-4716 or e-mail smhservice@ucdenver.edu

Non-emergent appointments are available:

- Monday through Wednesday (8:00 am – 8:00 pm)
- Thursday and Friday (8:00 am – 5:00 pm)

Where: Department of Psychiatry at the University of Colorado Anschutz Medical Campus, Fitzsimons Building (Building 500), 13001 E 17th Place, 2nd Floor, East Wing; however, all visits are currently virtual.

If you are looking for a MH provider outside of our Resident/Student MH clinic, try cross-referencing your Anthem Provider list on www.headway.com to find a provider that feels like the best fit for you.

We also recommend Willow Grove as an option for residents seeking short term or long term therapy. 720-262-9100.

Need help? This resource will help you to connect you to the kind of help you need in the time frame in which you need it. [Find help now.](#)

Looking for wellness and mindfulness resources? [Check out these free wellness apps and campus resources.](#)

Confidential Resources:

As a reminder, on the main page of the [residency heartbeat website](#), there is an [anonymous reporting portal](#).

[Confidential Resident Liaisons:](#)

If you have a concern that you feel more comfortable sharing with a peer, these residents will be excellent resources.

Chey Vincent (R1)
Nikolai Harroun (R1)
Megan Connor (R1)
Vincenzo Pizzuti (R1)
Garrett Weskamp (R1)
Emily Vicks (R1)
Morgan Edwards-Flinger (R1)

Elle Krienke (R2)
Nicole Rueb (R2)
Francis Wright (R2)
Shennon Lu (R2)
Julia Bast (R2)
Natalie Van Ochten (R2)
Hannah Carr (R2)

Elizabeth Esselman (R3)
Ally Fuher (R3)
Andrew Pham (R3)
Connor Enright (R3)
Sarah Beilke (R3)
Natalie DeQuillfeldt (R3)
Oliver Bawmann (R4)

[Confidential Faculty Liaisons:](#)

Vishnu Kulasekaran (DH)
Rita Lee (UCH)
Jeremy Long (DH)
Rachel Swigris (Lowry)
Caitlin Winget (VA)

Do you have an announcement, accomplishment, photo, reflection, or other content to include in an upcoming newsletter? Email your submissions to Elle.Contreras@CUAnschutz.edu.

Do you know someone who would like to receive these updates? Have them added to the [distribution list](#).