

## RESIDENT SPOTLIGHT: CHARLIE PRITCHARD, PGY2



If not a radiologist, Charlie would be a Classics professor.



**What you would do if you won the lotto:** 1) Write novels; 2) travel the world; 3) read 10 abd radiographs a day to keep my skills sharp

**Hobbies:** hiking, running, reading, writing short stories, watching movies & chilling with his wife and their fat cat

**Hometown:** Pass Christian, Mississippi

**Future career goal:** private practice

**Favorite band/musical artist:** The Beatles

**Favorite food/drink:** a steak with a good stout or porter

**Best advice:** "Keep it between the lines. Everything in moderation." –my father

**Interesting little-known fact:** My wife and I started dating in high school.

# HIGHLIGHTS & HAPPENINGS

Dec 2019-Jan 2020

### Dec & Jan Birthdays

- Christabell – Dec 12
- Aaron – Dec 17
- Brittany – Jan 5
- Charlie P. – Jan 6
- Daniel – Jan 12
- Juan – Jan 14

### Restaurants to Try

- [Paramount](#) (\$\$) – 200 20<sup>th</sup> St N
- [Gianmarco's](#) (\$\$\$) – 721 Broadway St



### Exercises to Incorporate Easily:

- Push-ups – abs tight, back straight, elbows in!
- Lunges (not lunches!)
- Planks – rest on forearms if wrists hurt
- High knees
- Brisk walk or take the stairs!

*Remember to breathe!  
Holding your breath while exercising can be detrimental.*

### Ready for a non-clinical read?

- [New Yorker's best books of 2019](#)
- [Pub Weekly: Top 10 & Kids' Recs](#)
- [NPR's Book Concierge](#)



## UPCOMING EVENTS

### WEDNESDAY, DEC. 11

- 10-min Chair Massages (8-11a) – [sign-up here!](#)
- Mentor Appreciation Lunch (12-1p)

### TUESDAY, DEC. 17

- Tacky Sweater Day!
- Department Holiday Party – Carrigans's Public House, 6-9p

### SATURDAY, DEC. 21

- [Reindeer Dash 5k & Fun Run](#) – contact [Elainea](#) if you sign up or for Q's; proceeds go to [Grace Klein Community](#)

### SAVE THE DATES!

**JANUARY 24** – Vendor Fair

**FEBRUARY 3-7** – Resident Appreciation Week

### THINGS TO DO IN B'HAM

- [BirminghamAL](#)
- [Birmingham365](#)
- [EventBrite](#)
- [StyleBlueprint – Parks & Trails](#)



Cheers for all our residents published at #RSNA2019! There were a total of 8 presentations/exhibits featuring UAB residents!

- Zuka Amer
- Eric Bready
- Aaron Coleman
- Juan Guerrero
- Eric Keasler
- Elainea Smith
- Charlie Xie



Kudos to our #radres stellar mustaches!

