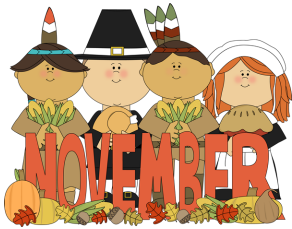




SLEEPY TIMES

VOLUME 11, ISSUE 11 NOVEMBER 2017

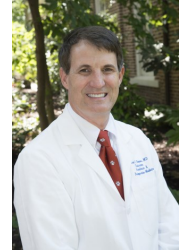


Inside This Issue:

-Message from Chairman	1
-Dr. Field Awarded Endowed Chair	2
-Support Beam Dedication	2
-Preop Clinic Moves	3
-ICCVA Meeting	4
-ASA Annual Meeting	5-7
-Interim Appointments	8
-Preop Clinic Milestone	9
-Senator Graham Meets with MUSC Leadership	10
-Research Corner	11
-TUW Day of Caring	11
-Welcome to the Department	11-12
-Induction Agents Return	12
-Grand Rounds	13
-Future Events/Lectures	14

MESSAGE FROM THE CHAIRMAN: PREOPERATIVE CLINIC MOVES INTO NEW EXPANDED SPACE

-SCOTT T. REEVES, MD, MBA



October was a very busy month for the Department. As a Department, the Preoperative Clinic moved into newly renovated space on the 4th floor of Rutledge Tower. In addition, a hospitalist was added to the clinic. This will allow our patients direct access to internal medicine referrals without having to send them back to a primary care physician for things like blood pressure or glucose control.

Our faculty continue to advance within the Department, University, and nationally. Dr. Scott Walton has accepted the position of VA Anesthesia Division Chief, replacing Dr. David Warters after he left to become the Chairman of Anesthesiology in Portland, Maine. Dr. Marc Hassid will be the Interim Pediatric Division Chief and Dr. Michel Sabbagh will be the Interim Pediatric Anesthesia Medical Director. I am sure both will do an excellent job. A national search is underway to recruit a new Pediatric Division Chief.

Dr. Larry Field has been selected to be the first recipient of the Joseph Redding Endowed Chair in Critical Care Medicine. It is always a great day when a new endowed chair reaches the critical funding level.

Please take a minute to read about all these and other important events in this edition of *Sleepy Times*.



LARRY FIELD, M.D. NAMED THE JOSEPH REDDING ENDOWED CHAIR IN CRITICAL CARE MEDICINE

Joseph Redding was internationally known as a pioneer in critical care research, which led to modern day concepts of cardiopulmonary resuscitation. He was a dedicated clinician, teacher, and investigator who authored over 100 publications. In honor of his accomplishments, the Joseph S. Redding, M.D. Critical Care Fund was established to support the Department and the University in their missions of service in patient care, research, and education. These funds originally provided support for guest lecturers with expertise in the area of critical care medicine. As the division has grown with the addition of a critical care medicine fellowship, the Department expanded the endowment in order to fund the Joseph Redding Endowed Chair in Critical Care Medicine. Dr. Larry Field is the first faculty member to hold the endowed chair. Congratulations, Dr. Field!



Dr. Larry Field
Professor

Larry Field grew up in the small town of Herrin in Southern Illinois, where much of his family still resides. He obtained his bachelor's degree and medical degree at Southern Illinois University and University of Illinois, respectively. Larry finally ventured away from the mid-western corn fields towards the southeast to complete his anesthesiology residency and critical care fellowship at Duke University Medical Center. Upon completion of training, he headed further south to MUSC, where he has been an active faculty member ever since. Larry originally served as an intensivist in the STICU and was part of an early regional pain service; he then became chief of the new Division of Critical Care as it started to grow. He also accumulated roles as medical director for the MSICU and started our critical care fellowship program. Larry helped the IT build-teams roll out the previous Picis system and our current Epic anesthesia information management systems, and completed his additional clinical informatics board certification last year. Throughout the years, he has participated on multiple hospital committees, including chairing the P&T Committee, and also continued to be active in various research projects. Larry presented related work and taught workshops regularly at the American Society of Anesthesiologists and Society for Critical Care Anesthesiologists. He is married to Elizabeth, a nurse anesthetist at Trident Anesthesia Group; they enjoy traveling the world, with their most recent adventure being in Iceland. At home, they have an Australian Shepherd, Luna, who is always excited to meet new people...especially if they are willing to play frisbee.

SHAWN JENKINS CHILDREN'S HOSPITAL SUPPORT BEAM DEDICATION



I hope everyone had the opportunity to sign the Shawn Jenkins Children's Hospital support beam while it was sitting in front of the library. What a cool idea!



NEW PREOPERATIVE CLINIC LOCATION & ELECTRONIC DECISION SUPPORT TOOL (PASS) BY KATIE BRIDGES, M.D.

The clinic has relocated to the 4th floor of RT and will be open from 8am—5pm. To find our new clinic, take the A elevators, which open directly to our clinic waiting room. Don't judge the current waiting room furniture; it's just temporary until our new furniture arrives. Our registration staff can show you where the attending office is located, which is on the left side of the hallway, just past the double doors.



Here are the big changes that will be taking place:

- A new addition will be a full-time hospitalist in clinic. Some patients will have appointments with the hospitalist, and in the next few weeks, some patients will also have scheduled appointments with an anesthesiologist as the PASS tool is rolled out to the orthopedic department. The option to view the anesthesiologist schedule will be made available to each of you and will require you to log in to a different Epic environment (similar to how we now choose ART vs RT vs Main OR, etc.). More info on this to come.
- The PASS tool is finally complete. This took a very long time for the Epic team to build and will be administered either on iPads here on campus or from home via MyChart. It's an electronic 75-question branching algorithm that generates a score to determine who needs to be seen in clinic. Not every patient must answer all 75 questions, as certain questions are bypassed depending on patient-specific answers. The tool will be administered in the surgical clinics and patients will be given an appointment for the preoperative clinic (now called PAC clinic) if they qualify. This tool drives the new preoperative design and determines if a patient should see a hospitalist or both a hospitalist and anesthesiologist. The ultimate goal is to move to a system where every surgical patient completes the PASS tool prior to visiting our clinic so that we have a basic understanding of their medical history prior to our visit with them. We're introducing PASS to one clinic at a time, starting with total joints and moving to all orthopedic clinics. The ENT Department will be the next to move to the new system. In the meantime, we will be giving iPads with the PASS tool to our patients when they check in on RT 4. They'll take 10 minutes to complete the tool, and their answers are instantly available in Epic. Their answers populate into the problem list to assist with writing our pre-evaluation note. Eventually, the conditions identified by the PASS tool will auto-populate directly into our note, but Epic is still addressing some glitches with that.
- For the patients who have appointments with an anesthesiologist, Heather Miles, clinic manager, will help you identify who these patients are. You must physically see and examine these patients. It is fine to have a resident talk with them first to confirm that the answers they gave on the PASS tool are accurate and go over basic history, etc., but you must talk with the patients personally and attest that at the bottom of your note just as we do on RAPS rounds or for airways on the floor. This was the agreement made with the surgical departments, as they have been unhappy that patients who visit the anesthesia preoperative clinic are not always seen by an anesthesiologist. When you see these patients, please document at the bottom of the pre-evaluation that you personally examined the patient.
- As we enroll surgical clinics in the new system, patients will begin arriving one hour prior to their appointment for lab draws and will actually have a separate appointment with our lab. The hospitalists felt strongly that they want lab results at the time of their clinic visit so they could prescribe medications appropriately. Over the next few months, the number of labs we must review from the previous clinic day will slowly dwindle. We're still accepting walk-ins until every surgical department shifts to the new system, so a large number of patients will be getting labs after you see them, as is our current policy.

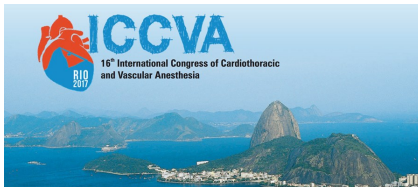
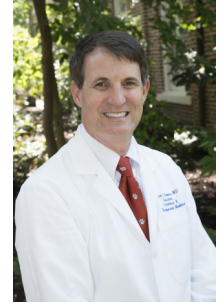
Please let me know if you have any questions or concerns.

Katie Bridges, MD
Medical Director, Anesthesia Pre-Operative Clinic



16TH INTERNATIONAL CONGRESS OF CARDIOTHORACIC & VASCULAR ANESTHESIA (ICCVA) BY SCOTT REEVES, M.D.

The ICCVA was held in Rio de Janeiro, Brazil from October 4-6. The congress had 65 international speakers from 17 different countries outside of South America. This year's theme was State of the Art in Cardiothoracic and Vascular Anesthesia; Challenges and Opportunities for the Future. The department was represented by lectures given by Drs. Eric Nelson and Scott Reeves.



Nian-Chih Hwang, Scott Reeves, Tirone David and Peter Rosseel

AMERICAN SOCIETY OF ANESTHESIOLOGY ANNUAL MEETING 2017

BY: CATHERINE TOBIN, M.D.

This year, the American Society of Anesthesiologists had their annual meeting in Boston. Here are some highlights!

Team MUSC Anesthesia joined the “Run for Warriors 5K Race.” Drs. Laura Roberts, Carlee Clark, Sylvia Wilson, and Catherine Tobin participated. The money raised goes to the Wounded Warriors Project to help our military who serve our country and keep us all safe.

Dr. Atul Gawande, author of Checklist Manifesto and Being Mortal, was an opening speaker.

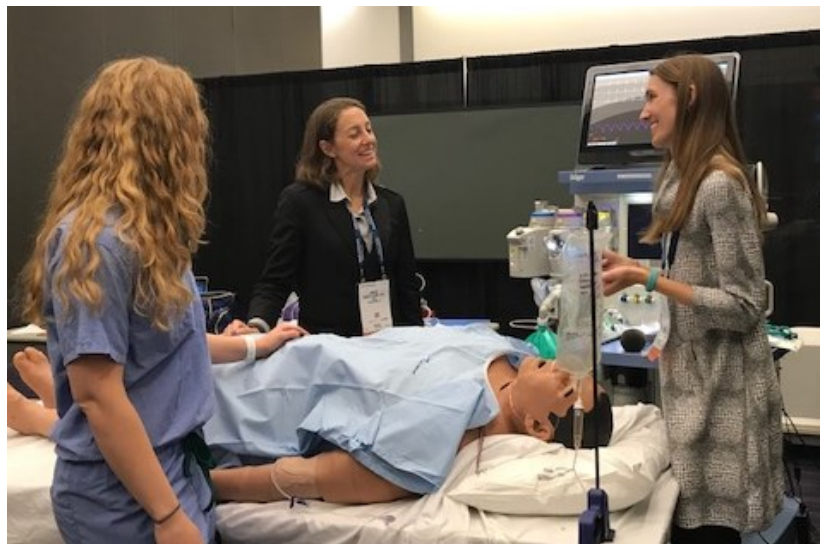
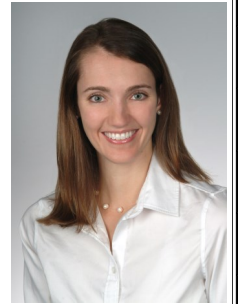
I learned about a new kappa opioid medication. Studies are ongoing but it appears to have less side effects than traditional opioids, including less addiction, nausea/vomiting, and itching. Nice, right? Interestingly, it does dilute urine similar to a person with diabetes insipidus, so beware of high sodium.

I went to a refresher lecture on Pulmonary Hypertension. The vasopressor of choice for hypotension when taking care of these patients is vasopressin, not epinephrine, phenylephrine, nor norepinephrine.

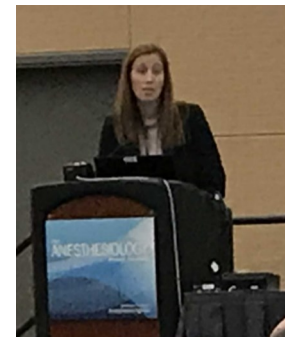
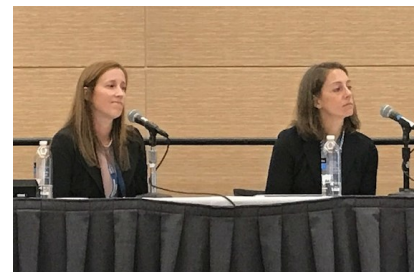
Women in Anesthesiology had their 3rd annual meeting with Dr. Harriet Hopf speaking on Diversity in Leadership: Leaning Together. I enjoyed this stimulating meeting. This group is devoted to the professional development of women physician anesthesiologists. There is great formal and informal networking to support recruitment, retention, and job satisfaction for women in anesthesiology. We have formed a group here at MUSC as well.

Our faculty and residents were very busy at the meeting. MUSC Anesthesia did an amazing job. Below is a list of faculty and their lectures.

- Dr. Laura Roberts and Dr. Tod Brown attended the ASA House of Delegates Meetings
- Dr. Wes Doty: Ultrasound Guided Regional Anesthesia Workshop
- Drs. Eric Nelson and Sam McLaurin: Survey of Current Anesthesia Trends for EP Procedures
- Dr. Eric Nelson: Perioperative Management of CIEDs and Perioperative Pacemaker and ICD Management
- Drs. Catherine Tobin and Carlee Clark: Perioperative ACLS Simulation Workshop
- Dr. Stephanie Whitener: Critical Care Ultrasound Workshops
- Dr. John Schaefer: Difficult Airway Simulation Workshops
- Drs. Carlee Clark and Julie McSwain: Ethical Questions in Resuscitation of Geriatric patients
- Dr. Alan Finley: Understanding the Causes of Heparin Resistance
- Dr. Sylvia Wilson: Peripheral Nerve Block Workshop
- Drs. Julie McSwain and Sylvia Wilson: Perioperative Management of Geriatric Patient with Severe Heart Disease for Joint Replacement
- Department Residents Joseph Abro, Mark Glentzer, Joel Siriani, and Adam Rhodes also attended



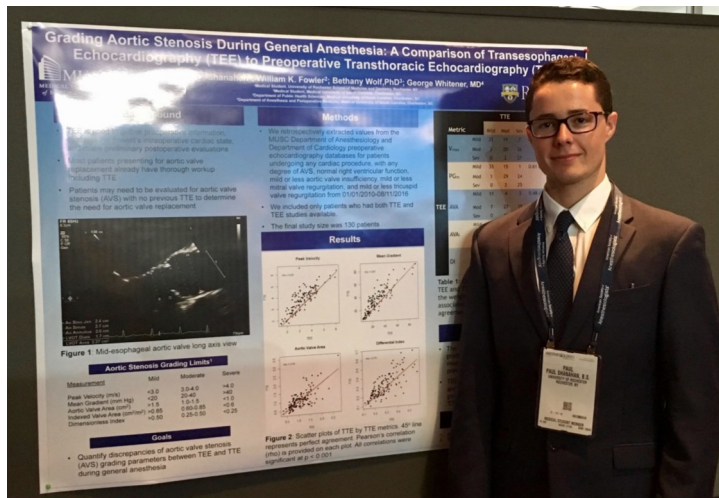
AMERICAN SOCIETY OF ANESTHESIOLOGY ANNUAL MEETING 2017 CONTINUED...



AMERICAN SOCIETY OF ANESTHESIOLOGY ANNUAL MEETING 2017 CONTINUED...

ASA 2017 – MUSC PRESENTATIONS – BOSTON – CONVENTION AND EXHIBITION CENTER

Saturday, October 21	Sunday, October 22	Monday, October 23	Tuesday, October 24
1:10 – 4:10 PM Doty – Ultrasound Guided Regional Anesthesia & Clinical Skills Workshop (Session 805) [160ABC]	9:00 AM – 4:10 PM Tobin – Perioperative ACLS Simulation Workshop (Session 821A) [157ABC]	9:00 AM – 12:00 PM Field/Whitener 5 – Critical Care Ultrasonography for the Perioperative Physician – Basic Course (Session 830) [156ABC]	9:00 AM – 4:00 PM Wilson – Peripheral Nerve Block Workshop: Ultrasound, Simulation and Stimulation (Session 840A) [156ABC]
	10:00 10:30 AM Nelson/McLaurin - Survey of Current Anesthesia Trends for Electrophysiology Procedures –(A2076) [Exb Hall B2 – Area C]	9:00 AM - 4:10 PM Schaefer – Difficult Airway Workshop with Simulation (Session 831A) [157ABC]	1:00-4:00 PM Nelson – Electrophysiology: Perioperative Pacemaker & ICD Management (Session 844) [157ABC] Wilson – Peripheral Nerve Block Workshop: Ultrasound, Simulation and Stimulation (Session 840B) [156ABC]
	11:00 AM – 12:00 PM Nelson - Perioperative Management of CIEDs for Anesthesiologist (Session 215)[210AB]	11:00 – 12:00 PM Clark/McSwain – Ethical Questions in Resuscitation of Geriatric Patients (Session CF215) [204AB]	3:30 – 4:30 PM McSwain/Wilson – Perioperative Management of the Geriatric Patient with Severe Heart Disease for Joint Replacement (Session CF21) [204AB]
	1:10 – 4:10 PM Tobin – Perioperative ACLS Simulation Workshop (Session 821B) [157ABC]	1:10 – 3:10 PM Finley – Understanding the Causes of Heparin Resistance (Session 314)[253ABC]	
		1:10 – 4:10 PM Field/Whitener 5 – Advanced Critical Ultrasonography for the Perioperative Physician (Session 834) [156ABC] Schaefer – Difficult Airway Workshop with Simulation (Session 831B) [157ABC]	



INTERIM DEPARTMENT APPOINTMENTS ANNOUNCED

Dr. Marc Hassid, Interim Division
Director for Pediatric Anesthesia

Marc Hassid grew up in Katy, Texas, and attended college and medical school at the University of California at Davis. After medical school, Marc did a transitional internship at Kern Medical Center in Bakersfield, California. He then moved to Missouri for residency at Washington University in St. Louis and did a pediatric anesthesia fellowship at Saint Louis Children's Hospital. After completing fellowship, Marc began his career at MUSC in 2009. He happily spends his time outside the hospital with his wife, Kristen, and three daughters, Evie, Leah, and Hannah.

Originally from Montreal, Canada, Michel Sabbagh completed college in South Carolina and graduated from medical school at MUSC. He moved on to Chicago for residency, and completed a fellowship in pediatric anesthesia at Children's National Medical Center in Washington, DC. Mike joined the Department of Anesthesia in 2012 and completed an MBA at USC's Darla Moore School of Business this past spring. He and his wife, Rachael, have three children that keep them busy outside of the hospital, Vincent (6), Lilliane (4), and Beatrice (2). He is looking forward to becoming the Interim Pediatric Medical Director for the Pediatric ORs and Pediatric Procedure Area, as well as the upcoming transition into the new Shawn Jenkins Children's Hospital and Woman's Pavilion.



Dr. Michel Sabbagh, Interim
Pediatric Medical Director

CONGRATULATIONS TO THE PRE-OP CLINIC AND REGIONAL ANESTHESIA DIVISION

The Orthopedic/Joint Replacement Unit (10 East) recently celebrated a significant milestone - no CAUTI or CLABSI for 2 years. The key to this success is good infection prevention processes that begin preoperatively. Before surgery, all joint replacement patients are seen in preoperative clinic where the patient's condition is optimized to minimize the risk of infection. After surgery, care team members remain vigilant to prevent infection by following standardized best practice bundles including a focus on early mobility, adequate hydration, delirium screening, silver impregnated dressings and peri-operative antibiotic compliance. Additionally, a bladder scan protocol is in place to promote normal bladder emptying, fewer in and out catheterizations, appropriate foley use and less urinary retention. This is a multidisciplinary team focus where team communication is essential. MUSC's Joint Replacement program is the only program in the state to have [Advanced Joint Commission Certifications](#) in shoulder and hip and knee replacement surgery.



HEALTHCARE LEADERSHIP MEETING WITH SENATOR LINDSEY GRAHAM BY SCOTT REEVES, M.D.

On October 10, U.S. Senator Lindsey Graham visited campus to discuss healthcare reform with hospital and physician leaders throughout the Charleston area. Senator Graham is co-chair and founder of the Senate NIH Caucus, which has successfully steadily increased NIH funding by \$2 billion in FY16 and FY17. This is a huge commitment to medical research.



The majority of the visit was used to discuss the recently proposed Graham/Cassidy Bill, which would replace the Affordable Care Act (ACA) with a plan to overhaul Medicaid through a state block grant system. Senator Graham stated that one of the chief goals of the plan is to achieve “parity in funding” across the states. This would benefit South Carolina specifically, as our state did not participate in Medicaid expansion with the ACA. Many of those in attendance had thoughtful questions about the proposal, including what happens to those with preexisting conditions and how the cost would compare to the current ACA plan. The bill did not pass this year but Senator Graham expects renewed debate on it in early 2018.

An area where Senator Graham feels there will be bipartisan support is with Prescription Drug Cost. He stated that pharmaceutical companies are creating monopolies around an ever-increasing number of drugs, creating an astronomical pricing structure. Government intervention is needed, in the Senator’s opinion. He hopes that the Senate will discuss this issue in early 2018 as well. Senator Graham concluded by stating that he started his discussion in Charleston at MUSC due to it being “the gold standard for healthcare delivery and research within South Carolina.” No small praise from one of our U.S. Senators.



College of Medicine Dean Ray DuBois, Senator Graham, and Dr. Scott Reeves

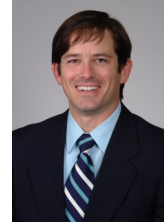
RESEARCH CORNER FROM THE *BRITISH MEDICAL JOURNAL ON QUALITY AND SAFETY*

VIEWPOINT

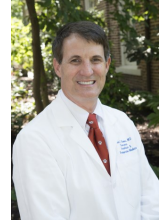
Framework for direct observation of performance and safety in healthcare



Dr. Catchpole



Dr. Abernathy



Dr. Reeves

Ken Catchpole,¹ David M Neyens,² James Abernathy,³ David Allison,⁴ Anjali Joseph,⁴ Scott T Reeves⁵

TRIDENT UNITED WAY DAY OF CARING: HOLLINGS CANCER CENTER

We have selected a wonderful cause for our department to engage in for Trident's United Way Day of Caring on Friday, November 17, 2017! Please see the excerpt below from the Trident United Way website:

"Hollings Cancer Center is asking the Lowcountry community to participate by collecting items to hand out to our patients to put a smile on their face. Our Patient Courtesy Cart is available to patients and their friends and/or family members while they are visiting the cancer center. The courtesy cart contains the following items that may be donated and are always in high demand: INDIVIDUALLY wrapped snacks such as crackers, apple sauce, granola bars, hard candy, Biotene gum; bottled water; NEW blankets (ex. fleece blankets) to provide warmth and comfort during chemotherapy treatments; NEW men's and women's socks; tissues; hand sanitizer. We rely completely on donations to provide these items to patients. These donations are a comfort to patients and their family members and serve as a reminder that people care and are supporting them in their fight against cancer."

We will be placing a bin by the copier in SEI 301 to collect donations through November 17th. The next time you're out and about, simply grab any of the items listed above and place them in the bin... it's as easy as that! Thank you in advance for your generosity and support.



WELCOME TO THE DEPARTMENT



Please welcome Joana Pereira as the newest Administrative Assistant to the department. Joana grew up in Connecticut where she obtained her Bachelors of Science in Social Services from the University of Connecticut and recently relocated with her family to South Carolina. When she is not working, Joana enjoys spending time with her husband, their three year old daughter Mia, and their boxer dog, Bentley. Having only been in South Carolina for three months, Joana enjoys sightseeing, going to the beach and enjoying all activities outdoors. Joana and her family are expecting an addition to the family due to arrive this Christmas. Joana is excited to be part of the MUSC community and to be part of such a wonderful team!

WELCOME TO THE DEPARTMENT

Myrte Alford was born and raised in Miami, FL. She stayed in Miami for her undergraduate education, completing degrees in Human Resources Management and History at Florida International University. After working for several years, she moved to South Carolina to start graduate school at Clemson University. During her time at Clemson, she held appointments as a research and teaching assistant and had the opportunity to teach several courses. As a leader of the Black Graduate Student Association, she led several initiatives, including the Call Me Doctor™ series and Future Scholars program, which was geared towards increasing the number of underrepresented students in graduate programs at Clemson. She also worked with the Upward Bound Program at Tri-County Tech, where she served as a math tutor and summer instructor. She graduated from Clemson University in May 2017 with a PhD in Industrial Engineering (a bit of a pivot from her undergraduate studies). Her dissertation research focused on how individuals learn in simulated environments under different levels of fidelity. Despite being a self-proclaimed “city girl,” Myrte Alford enjoys the outdoors – hiking, kayaking, camping, rock-climbing – and one of her most ambitious life goals is to become a falconer. Wish her luck with that!



The University Hospital is pleased to announce a new practitioner. Ms. Samantha Kinninger, MSNA, CRNA, comes to MUSC from Trident Regional Medical Center. Samantha grew up in Hilton Head Island, SC and has been in Charleston for 14 years. She attended MUSC for Nursing and graduated from the Anesthesia for Nurses program in 2011. Sam worked at Trident for the last 5 years, and she enjoyed doing a wide variety of cases - including pediatric ENT, dental, neurosurgery, robotics, and orthopedics. Welcome, Sam!

THE INDUCTION AGENTS RETURN FOR THE ANNUAL HOLIDAY PARTY!

Induction Agents



From left to right: Mark Glentzer, Kevin Massey, Melanie Rubin, George Whitener, Horst Rieke, and Adam Rhodes

New member Melanie Rubin says, “We are getting really excited about performing at the Christmas Party in December! We have been rehearsing for the past couple of months, and we finalized our set list earlier this month. It has been a lot of fun coming together and practicing with such a talented group of musicians. We will be performing an eclectic mix of various pop hits ranging from the 80’s to the early 2000’s for everyone’s enjoyment. There will be a few repeat covers as well as some new songs to keep the crowd on their feet and dancing. I don’t want to reveal too much but you may or may not be hearing Jessie’s Girl, Your Love, Return of the Mack (c’moon!), and some good ol’ Ginuwine. Hope to see everyone there!”

GRAND ROUNDS FOR THE MONTH OF NOVEMBER



“Obesity & the Difficult Airway: Fact or Fiction?”

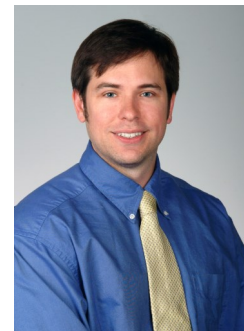
November 7, 2017

**Tiffany Moon, M.D., Assistant Professor
Dept. of Anesthesiology & Pain Management
UT Southwestern Medical Center**

“Research Symposium”

November 14, 2017

**Eric Bolin, M.D., Associate Professor
Dept. of Anesthesia & Perioperative Medicine
Medical University of South Carolina**



“Update on AHA-ACLS Guidelines”

November 21, 2017

**Horst Rieke, M.D., Professor
Dept. of Anesthesia & Perioperative Medicine
Medical University of South Carolina**

“Morbidity & Mortality Conference”

November 28, 2017

**George Guldán, M.D., Associate Professor
Ryan Gunselman, M.D., Associate Professor
Dept. of Anesthesia & Perioperative Medicine
Medical University of South Carolina**





DEPARTMENT OF ANESTHESIA AND
PERIOPERATIVE MEDICINE

Email: fisherja@musc.edu
Phone: 843-792-7503
Fax: 843-792-9314

CHECK OUT OUR WEBSITE AT:
[HTTP://WWW.MUSC.EDU/ANESTHESIA](http://www.musc.edu/anesthesia)

Future Events/Lectures

Intern Lecture Series

November 2nd—Ventilator Management,
Dr. Heine, SEI 314

November 16th—Management of CVA,
Dr. Wester, SEI 314

November 30th—Spinal Cord Protection,
Dr. Redding, SEI 314

CA 1 Lecture Series

November 1st—Cardiovascular Physiology &
Anesthesia, Dr. Mester, SEI 314

November 8th—Adrenergic Agonists &
Antagonists; Hypotensive Agents,
Dr. Gunselman, SEI 314

November 15th—Anesthesia for Patients with
Cardio Disease, Dr. Heinke, SEI 314

November 29th—Hepatic Physiology; Anesthesia
for Patients with Liver Disease,
Dr. Hebbar, SEI 314

CA 2/3 Lecture Series

November 6th—Visiting Professor Lecture, All
Residents, Dr. Moon (UTSW), CSB 429

November 13th—Abnormalities of Cardiac
Conduction & Cardiac Rhythm, Dr. Guldán

November 20th—CPR in the Perioperative
Period, Dr. Rieke

November 27th—Respiratory Function in
Anesthesia PBL, Dr. Tobin

Grand Rounds

November 7th—Visiting Professor Lecture,
Dr. Moon (UTSW)

November 14th—Research Symposium,
Dr. Bolin

November 21st—Update on AHA-ACLS
Guidelines, Dr. Rieke

November 28th—Morbidity & Mortality
Conference, Drs. Guldán & Gunselman



I HUNG THE MOON

Please don't forget to nominate your co-workers for going 'Beyond the Call of Duty.' I Hung The Moon slips are available at the 3rd floor front desk and may be turned in to Kim Pompey. Thank you!



Holiday Party 2017
Friday, December 1, 2017
Carolina Yacht Club



[Imagine 2020 Strategic Plan](#)

We Would Love to Hear From You!

If you have ideas or would like to contribute to *Sleepy Times*, the deadline for the December edition will be November 17, 2017.