Wellness Month in the Library

March is Mental Health & Wellness Month at YLS and your Law Library has resources to aid you in your wellness endeavors. First, you’ll notice several stress-relieving spaces around the Law Library, where you can work on a puzzle, be artistic, and otherwise take a break from the rigors of work or school. All members of our community are welcome to visit these spaces. Students will also find a book display on L3 of selected items focusing on managing stress in law school and law practice.

Jozy, our therapy dog in residence, will hold drop-in sessions on March 1, 8, 22, and 29, 9:30 – 11:00am. Again, all members of our community are encouraged to come say Woof to Jozy. Many thanks to Jozy’s guardian, Tina Severson in CDO, for making these visits possible.

Upcoming Events

- 3/3 Film Screening: No Más Bebé’s
- 3/9 Book Talk: Imbeciles: The Supreme Court, American Eugenics, and the Sterilization of Carrie Buck
- 3/24 Exhibit Talk: Free Tom Mooney!
- 3/30 Film Screening: Trapped

New DVD’s

- Suffragette
- Creed
- Trumbo
- Spotlight
- Sisters
- Macbeth
- The Danish Girl

My Dear Old Granny’s Shepherd’s Pie: by Julian Aiken

4 large potatoes, peeled and cubed | 1 tablespoon butter | 1 large onion, finely chopped | 120g grated Cheddar cheese | salt & pepper to taste | 1 tablespoon olive oil | 3 carrots, peeled & diced | 450g minced lamb | 2 tablespoons plain flour | 200ml lamb stock.

Preheat oven to 375F. Bring a large pot of water to boil. Add potatoes and cook 15 minutes until tender. Drain and mash. Mix in butter, 2 tablespoons of finely chopped onion and half of the grated cheese. Add salt and pepper; set aside. Heat oil in a large frying pan. Add remaining onion and diced carrots; cook until tender. Add lamb and cook until well browned. Stir in flour and cook 1 minute. Add lamb stock. Bring to a boil, reduce heat and simmer for 5 minutes. Spread the lamb mixture in an even layer on the bottom of an ovenproof casserole dish. Top with the mashed potato mixture and sprinkle with remaining grated cheese. Bake in the preheated oven for 20 minutes, or until golden brown.

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