Spring 2007

Chironian Spring/Summer 2007

New York Medical College

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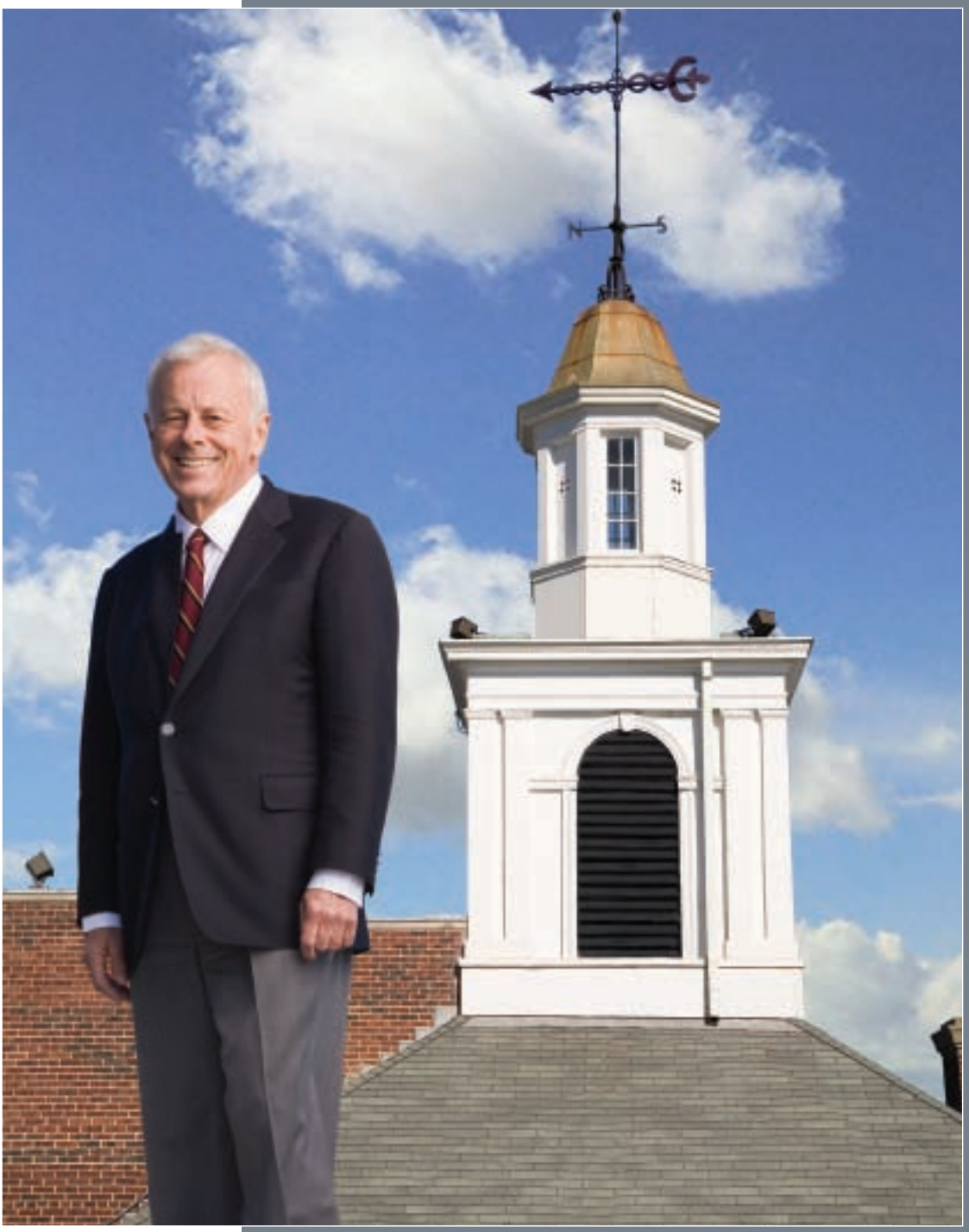

Spring /Summer 2007

INSIDE

Chironian
New York Medical College

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Danbury Hospital
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Major Affiliated Hospital
Sound Shore Medical Center of Westchester

Specialty Hospital
The New York Eye and Ear Infirmary

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Calvary Hospital
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Good Samaritan Hospital, Suffern
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Terence Cardinal Cooke Health Care Center
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Segundo Ruiz Belvis Diagnostic & Treatment Center

University News Briefs

On September 30, 2006, nearly 500 supporters of New York Medical College gathered at the **Founder's Dinner** to honor three distinguished individual for their support of the College's mission and their contributions to health care, medical education and the community at large. **Saverio S. Bentivegna, M.D. '50,** left, senior associate dean of the Fifth Pathway Program and professor of surgery, was honored with the Distinguished Service Award; the Jackson E. Spears Community Service Award was presented to **Michael C. Caldwell, M.D., M.P.H.,** center, commissioner of the Dutchess County Department of Health and immediate past president of the National Association of County and City Health Officials (NACCHO); and **Albert Willner, M.D. '43,** member of the Board of Trustees, received the William Cullen Bryant Award.

Nader G. Abraham, Ph.D., professor of pharmacology, received the **2006 Dean's Research Award** (formerly known as the Dean's Distinguished Research Award) for his significant contributions to the definition of the molecular biology, biochemistry, physiology and pharmacology of heme oxygenase, as well as his exceptional leadership of a College research program.

Academic Convocation, held on October 6, 2006, ceremoniously launched the 2006-2007 academic year and celebrated 59 faculty appointments and promotions, as well as administrative appointments and promotions of staff during the previous academic year. The keynote address was given by

Renee Garrick, M.D., vice dean for New York Medical College and chief medical officer at Westchester Medical Center. The day included campus tours for families of medical students of the Class of 2010, a special mass, and the White Coat Ceremony, a yearly ritual that traditionally marks the first time medical students appear in their white coats, the garb of the medical profession.

Two new members have joined the **Board of Trustees.** The College welcomed to its ranks **James H. Heym, Ph.D.,** vice president of Discovery in Groton, Conn., for Pfizer Global Research & Development, and **Joseph A. Califano, Jr.,** chairman of the National Center on Addiction and Substance Abuse at Columbia University (CASA).

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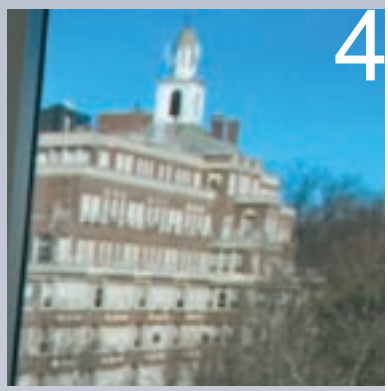
Features

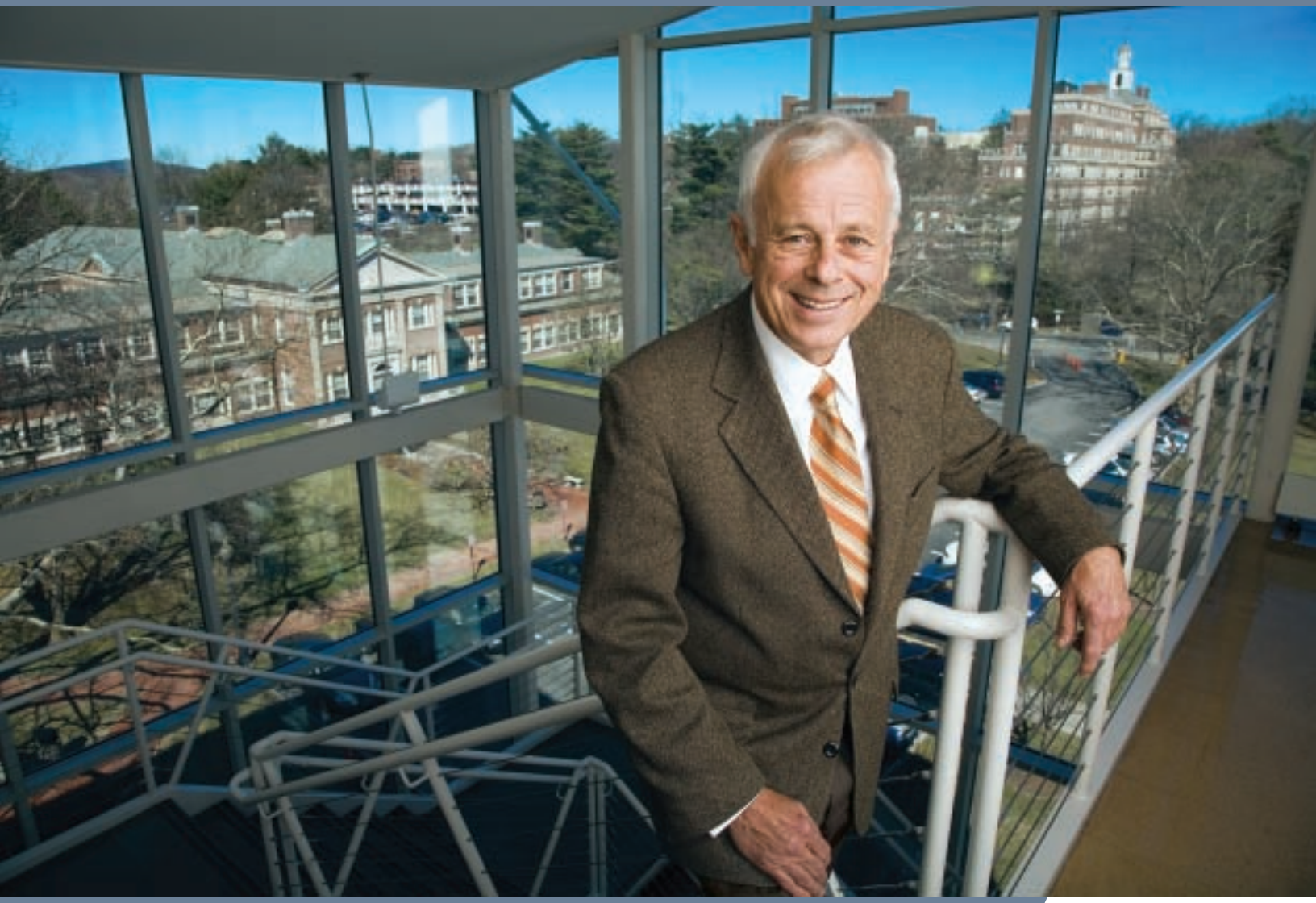


Alumni

Alumni News

On the Cover:

Karl P. Adler, M.D., who was dean of the School of Medicine from 1981 to 1994, returned to New York Medical College in January as its new president and chief executive officer. Yet in some ways he never really left. He talks about his journey through the interrelated worlds of academic medicine and hospital administration.



You **CAN** Go Home Again

Thomas Wolfe knew nothing of Karl P. Adler, M.D., when he penned his classic novel of America during a time of dramatic change—but it isn't hard to see a few parallels.

By Barbara Burgower Hordern

There has been a renewed sense of excitement and energy around these parts since January, when Karl P. Adler, M.D., the once-dean (1981 to 1994) and now president and chief executive officer of New York Medical College, returned to Valhalla. Dr. Adler's reputation among those who remember him from his earlier years goes far beyond his skill as a physician or his prowess as an academic administrator. Straightforward and likable, known as much for his integrity as for his megawatt smile, Karl Adler is the kind of leader every organization hopes to find. "He walks in a room and it just lights up," says his friend of more than 20 years, Stephen J. Peterson, M.D., professor and executive vice chairman of the Department of Medicine. "He's purely positive. I've never heard him say anything negative about anyone or anything. He's just a very upbeat guy, with a lot of charisma."

That charisma first fell upon New York Medical College in 1981, when Dr. Adler accepted a professorship in the Department of Medicine and soon became the department's associate chairman. He taught at Metropolitan Hospital Center in Manhattan, where he was medical director and chief of the Department of Medicine. Over the next 13 years, he would hire and train several of what are now the College's most popular professors, assume the office of dean, recognize and emphasize the growing importance of primary care and become a valued leader of the medical community. He was even among a handful of New Yorkers who met with Pope John Paul II and Vatican officials in 1988 to discuss the nature and purpose of Catholic colleges. By all accounts, Karl Adler is uniquely qualified to lead this health sciences university in the Catholic tradition.

Back in 1981, when Dr. Peterson first arrived at Metropolitan Hospital to interview for an internship, Dr. Adler had been chief of medicine for just a few months. "What a personality the guy had," Dr. Peterson recalls. "He stood up and pointed out the window and talked about the changing nature of the hospital because of the gentrification that was changing the neighborhood. His concern was that we still had a responsibility to the poor, a responsibility he meant to uphold. And he made it sound so exciting."

Medicine and the challenges of the profession are exciting to Dr. Adler. Over the years he has built a reputation for forging alliances among folks with widely divergent agendas by coming up with innovative solutions to complex problems. "He is a tremendous optimist, but he is a reality-based optimist," says Martha S. Grayson, M.D., senior associate dean for undergraduate education, who was hired by Dr. Adler in 1982. "If the glass is half full, that's what he sees. He really loves New York Medical College and he wants what's best for it. Although he is facing some big challenges, he has a gift for getting people to work together and helping them reach a win-win solution for all."

> "He really loves New York Medical College and he wants what's best for it. Although he is facing some big challenges, he has a gift for getting people to work together and helping them reach a win-win solution for all."
>
> **— MARTHA S. GRAYSON, M.D.**

Difficult decisions

Karl Adler's earliest aspirations were to the priesthood rather than medicine, and choosing to leave the seminary was perhaps the toughest decision he ever made. He was born in Paterson, N.J., and grew up in a small town some 25 miles from Manhattan. It was more a village in those days than the bedroom community it is today, he says. "When I was a kid the 7:29 train took about 90 percent of the male population every morning; the men who ran the stores in town were the only ones left." The town had just one grammar school, and the high school was in a neighboring town.

After two years at the public high school, Dr. Adler entered the seminary in New York, where he studied for three and a half years. Ultimately, he decided that medicine rather than the priesthood was his calling. "It was a tough decision," he says. "It was the right decision to go into the seminary, and it was the right decision to leave."

He entered Seton Hall University in New Jersey, where he had to make up the science courses he had missed in the seminary. His first summer, he took a biology course, and there he met Joan, who would later become his wife and the mother of his four sons. They dated throughout college and married three weeks before he entered medical school at Georgetown University School of Medicine in Washington, D.C. It was 1962.

After med school he returned to New York to do a residency in internal medicine at Bellevue, New York Hospital/Memorial Hospital and North Shore University Hospital, while serving on the faculty of Cornell. He and Joan bought a house on Long Island after he took his first job as an attending at North Shore Manhasset, where he was appointed associate director and chief of nephrology. Though he is boarded only in internal medicine, he began a successful kidney dialysis program at

Although he considered the priesthood and attended seminary for a few years during his youth, Karl Adler ultimately decided on medicine. Seated in the front row, second from left, Dr. Adler posed with other attendings and residents in the Department of Medicine at North Shore University Hospital in 1970.

North Shore before moving to Kings County Hospital in Brooklyn. There he directed the department of emergency medicine and helped develop the county's emergency response system.

Mountain refuge

Dr. Adler left the city in 1977 to become chief of the Department of Medicine at Ellis Hospital in Schenectady and associate chairman of medicine at Albany Medical College. While there, he and his family fell in love with the nearby Adirondack Mountains, where they purchased a lake cottage. This property, just three hours from Manhattan, has provided a special refuge for them ever since. They recently built a second house to accommodate their sons and grandsons (no female descendants yet). They also built a barn, half of which serves as Joan's art studio, while the other half is dedicated to one of Dr. Adler's lifelong passions: miniature trains. They go there to sail and water ski in the summer and enjoy cross-country skiing in the winter.

The Adlers returned to New York City in 1981, when Dr. Adler joined the College faculty at Metropolitan Hospital. In 1986, he was named acting dean of the School of Medicine, then dean, and vice president for medical affairs in 1987. Like most deans, he had his detractors as well as his admirers. As one administrator put it, "Any time a dean chooses between two sides, one side generally thinks he is wrong and the other thinks only a fool would have chosen otherwise!" Nevertheless, Dr. Adler led some initiatives that, along with his can-do attitude, are remembered by those who are genuinely pleased at his return and eager to hear what he plans to do as president.

A terrific example

Dr. Grayson recalls an example of Dr. Adler's bedside manner. Metropolitan's Harlem clinic had curtains rather than walls. At least once a week, Dr. Adler joined her in the clinic. On the other side of the curtain, she could hear him talking with his patients in a caring and concerned manner and with utmost respect. She also recalls seeing him carrying bags of magazines and books from home to donate to the hospital. "He set a terrific example," she says. "He is the kind of person who sees strengths in you that, as a beginner, you don't even see in yourself. You work very hard to achieve the goals he sets for you and to be the kind of person he sees that you can be."

In 1992 Dr. Adler asked Dr. Grayson to design a joint internal medicine/pediatrics program at Metropolitan and later at St. Vincent's Hospital, one that would enable residents to pass their boards in both specialties in four years rather than six. This was part of his commitment to primary care medicine, which he recognized early on as the key to controlling escalating health-care costs while better serving those with insufficient access to health care. Under his leadership, the hospital developed a career track in internal medicine that would allow students to graduate a year earlier by spending their last year of medical school as first-year residents in internal medicine at St. Vincent's. It also forgave tuition for the final year of medical school for students who subsequently pursued careers as generalists. In 1995 his efforts paid off when the school was awarded a Robert Wood Johnson Generalist Physician Initiative Implementation Grant, which helped make the college a leader in primary care education.

Dr. Adler left the College in 1994 to become president and chief executive officer at St. Vincent's Hospital and Medical Center of New York, one of the College's two academic medical center affiliates. "I was ready for a change," he says. "At St. Vincent's I had a chance to lead one of the biggest hospitals in this region. I loved being dean, but the average tenure for a dean at that time was two years. I was there for eight, so I think I broke a record."

While at St. Vincent's, Dr. Adler helped develop an ambulatory cancer center program that operated seven days a week. "The whole concept was that the program was built around the patient rather than the staff. It appealed to patients who didn't want to go to a hospital. We also tried to bring all the Catholic hospitals together into a united system. We merged with four other hospitals in Brooklyn and Queens, two on Staten Island, our psychiatric hospital in Westchester, and four nursing homes to become Saint Vincent Catholic Medical Centers."

Because St. Vincent's was merging with hospitals outside the Archdiocese, it left the Catholic Health Care System. At that

point, Dr. Adler had merged himself out of a job. That's when newly appointed Archbishop of New York, Edward Egan, asked him to head the Catholic Health Care System. He became the Archbishop's Delegate for Healthcare in 2001, a position he retains.

Five years later, when word came that Rev. Msgr. Harry C. Barrett, D.Min., M.P.H., who had served New York Medical College for 14 years as president and chief executive officer, had been appointed pastor of Sacred Heart parish in Monroe, N.Y., it wasn't long before Karl Adler became the top contender for his replacement. Dr. Adler was thrilled to be invited back to the College. "It was a great opportunity. I jumped at the chance to come back and help guide the school for the future," he says.

well. When I left in '94, research funding was averaging more than $20 million a year; now it's well over $40 million. I'd like to see that continue. I'd also like to build more of a base on the clinical research side.

"The biggest obstacle to that intended growth is that we are out of space. We have acquired a building that once belonged to a private foundation located on campus. That could serve as new research space. But we don't yet have the funds to bring it up to the level it should be if it's to serve our needs and help us grow our research reputation.

"What has also changed in the time that I was gone is the development of the School of Public Health. It has blossomed. The school has a great new dean, [Robert W. Amler, M.D.,] and it has developed a thriving doctoral program in physical therapy and a speech-language pathology program that's filled to capacity. I see tremendous potential for growth in that school."

Even after he became dean in 1987, Dr. Adler continued to see patients, making him a rarity among medical school deans who continue practicing medicine along with their academic responsibilities. In fact, he only stopped seeing patients in 2005.

A different school

New York Medical College, says Dr. Adler, "is a different school than [the one] I left, and much better. The academic progress of our students has improved in every measurable way. They score well above the national mean among medical colleges on all exams. There has been a continued building of the bioresearch arm of the school. This creates an environment that helps the educational process as

The role of the university has changed a bit, as well. "This is still a Catholic medical school," he stresses. "Today, our role has less to do with overseeing the care in Catholic hospitals, as the number of Catholic hospitals has declined. Our primary responsibility is to create an environment for educating the physicians of tomorrow, no matter what their faith, where they can learn to be ethical, caring physicians with a deep concern for the poor and underserved. That is not only consistent with the Catholic philosophy, it is also consistent with the best practical educational experience you can provide."

Finding a university partner

You might say Dr. Adler's top priority is finding a university partner, which he sees as instrumental to the College's continued growth. "When I left, there were about 16 freestanding private medical colleges in the country; now there are only two," he says. "I believe medical schools need to associate with law schools, business schools, schools of computer technology and sociology—in short, a full service university. There are many aspects to training people in the health sciences, and many benefits to a merger or another type of relationship, though I would insist that New York Medical College maintain its identity. We owe it to our alumni to preserve our longstanding identity and good reputation. After all, we will celebrate our 150th anniversary in 2010."

He also intends to enhance ties with the school's alumni. He recently flew to Puerto Rico to join the annual Alumni Association meeting and discussed his plans with them. As former students, they are, after all, the school's legacy. As Dr. Peterson explains, "Medicine is a great legacy, and it's very important that you impart to those you train the same values as those you were given when you were trained. And when you have a powerhouse like Dr. Adler, it behooves all of us to pass on that legacy."

If it all seems like a tall order, even for someone of Karl Adler's stature to accomplish, he maintains a sanguine air about his new role. "I see some things I'd like to accomplish over a relatively short period of time," he says. "My wife would like me to retire, but as long as I'm happy with what I'm doing and I'm doing something worthwhile and my health is good, I hope to do it for as long as I'm needed."

COLLEGE SCIENTISTS TAKE ADVANTAGE OF **ARMY RESEARCH FUNDING**

Congress has been appropriating money since 1992 for the Army to reward scientists studying designated conditions.

New York Medical College has received more than $5 million in grants, and more is in the pipeline.

By Marjorie Roberts

This hasn't been the best of years for the U.S. Army abroad and it doesn't look all that bright for the near future. But at home the Army has, among other jobs, the rewarding task of giving money away to deserving medical scientists. About the same time American troops were fighting in the first Gulf War, Congress initiated a medical research funding program in specific diseases. Using skills developed in managing battlefield medical innovations, the Army began investing in collaborations that would lead to advances in medical research. Since its inception in 1992, the Department of Defense Congressionally Directed Medical Research Programs (CDMRP) has awarded New York Medical College 11 grants totaling more than $5 million. This year, named awardees will receive more than $210,000 as the Army carries out its mission "to find and fund the best research to eradicate diseases and support the warfighter for the benefit of the American public."

The program originated from a special partnership among the public, Congress and the Department of Defense, beginning with a strong nudge from grassroots advocacy. The first appropriation was made for breast cancer research. In 2006 Congress appropriated $350 million for the United States Army Medical Research and Materiel Command to pass along to the CDMRP. The research directorate is currently managing grants for prostate and ovarian research in addition to breast cancer. It has also assembled an unusual mix of ailments on which to focus—neurofibromatosis, military health, tuberous sclerosis complex, chronic myelogenous leukemia and prion diseases, as well as other specified areas. (Tuberous sclerosis complex is similar to neurofibromatosis, but symptoms are concentrated in the central nervous system. Prion diseases include bovine spongiform encephalopathy, or "mad-cow disease.")

Fruit flies and marrow

To the delight of research administrators and applicants, the Army funds its grants up front, rather than over a specified period. Two members of the College faculty are past recipients: Marietta Y. Lee, Ph.D., and Joseph Wu, Ph.D., professors of biochemistry and molecular biology. Following are the faculty scientists who are currently receiving Army funds for use in their laboratories:

- **Frances Hannan, Ph.D.**, assistant professor of cell biology and anatomy, Neurofibromatosis Research Program, New Investigator Award to study signal transduction; "Functional Analysis of Human NF1 by Expression in Drosophila melanogaster" – $681,435. Dr. Hannan also received a Concept Award, "A Transgenic Model for Learning Defects: Role of NF1 in Drosophila Visuo-Spatial Learning" – $105,860.
- **Koko Murakami, Ph.D.**, research assistant professor of cell biology and anatomy, Neurofibromatosis Research Program, named awardee for a Concept Award for "Characterization of NF1 protein ubiquitination" – $105,860.
- **Richard J. Zeman, Ph.D.**, associate professor of cell biology and anatomy, Peer-Reviewed Medical Research Program for "Control of Spinal Cord Injury by Stereotactic X-irradiation" – $1,573,916.
- **Raj K. Tiwari, Ph.D.**, associate professor of microbiology and immunology, Breast Cancer Research Program, Concept Award for "Estrogen Mobilizes Circulating Bone Marrow Progenitor Cells to Promote Tumor Neovasculature: Lessons from Ischemic Model Provide a Novel Breast Cancer Target" – $118,500.
- **Jen-Wei Chiao, Ph.D.**, professor of medicine, of immunology and of urology, Prostate Cancer Research Program, Idea Development Award for "Chemoprevention of Prostate Cancer by Phenethyl Isothiocyanate" – $557,633.

Anything an applicant ever needed to know about Army funding is available for the asking on the CDMRP website at http://cdmrp.army.mil. From the Army's standpoint, the exposure it provides, plus the availability of electronic filing, have been a godsend, says Gail Whitehead, public affairs coordinator of CDMRP. She is a civilian employed by one of the contracting agencies that provide staff for the program in Fort Detrick, Md.

Bye hard copy

"Before electronic filing, we would have a line of UPS trucks waiting to deliver truckloads of paper applications by the deadline. But after 9/11, we had to become a secure Army post," she says, putting into perspective what a little computer disk can do for filing an application. As for deciding on what gets funded, the Army has come up with a novel addition to the decision making process. Besides the typical peer review by scientists who contribute their time by meeting as a group to score an application, people with the disease in question sit right at the table and score the applications along with the scientists. "The consumer review presents the layman's perspective—what is good or bad from a patient's point of view," says Ms. Whitehead. Compassion is a potent element of the process when survivors are consulted. As for the investigators, how fortunate they are to have their scientific interests coincide with those in Congress who hold the purse strings and the Army managers who cut them loose.

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In the laboratory of Frances Hannan, Ph.D., assistant professor of cell biology and anatomy, you'll find plenty of gags about flies, like the flyswatter in the shape of Australia, her native continent. But Dr. Hannan is seriously devoted to her fruit flies—transgenic drosophila—which she trains and tests in her efforts to unravel the mysteries of neurofibromatosis Type 1.

Frances Hannan, Ph.D., relies on a very tiny model—the fruit fly—to study a not-so-rare, devastating disease, neurofibromatosis Type I (NF1), inflicting benign and malignant tumors on patients who suffer learning difficulties and attention deficits as well. She has been cultivating fruit flies, into which human genes are inserted, for this purpose her entire career. "Transgenic Drosophila have only four chromosomes, there are lots of mutations available and they have short life spans. The fly genome was one of the first to be sequenced," Dr. Hannan says. Inherited neurofibromatosis affects 1 in 3,500 people in the U.S., not all with obvious symptoms.

After other investigators showed that lovastatin, a cholesterol lowering drug, can rescue mutant mice with learning deficits by working through the Ras signaling pathway, Dr. Hannan found that her flies also use the Ras protein for long term memory, and further depend on the cAMP pathway for short term memory. Just how you discover this in fruit flies, she reveals, is through training—by exposing them to a certain odor that is associated with an electric shock. Flies carrying mutations in the NF1 gene not only have difficulty learning, but also have a defective long term memory. Roughly 100 flies are used during a learning test, but when an experiment involves visual learning, it's one fly at a time. "We use a flight simulator, the inside of a rotating drum, to teach a fruit fly to fly toward a visual cue, and it is punished [with infrared heat] if it heads in the wrong direction...The fly uses a different part of the brain for visual cues, and we can disrupt gene function in specific areas because we know what regions are involved…We study this because children with NF1 have particular difficulty in judgment of line orientation," Dr. Hannan says.

Koko Murakami, Ph.D., also drawn to study NF1, collaborates with Dr. Hannan on the devastating and complex disorder that may be on the brink of yielding to drug therapy. She proposes to examine how the function of the NF1 protein (neurofibromin) is controlled by the addition of ubiquitin groups. Ubiquitins are small proteins that tag larger proteins for degradation. Just where they attach, and how, is the focus of this study of ubiquitin machinery. Blocking neurofibromin ubiquitination would result in elevated levels of the neurofibromin protein, and may improve tumor suppressor activity, cognitive function and other symptoms caused by defects in signaling pathways that result from reduced levels of neurofibromin. The long term goal is to find a drug that will stop or accelerate the process.

The U.S. Army has been supporting the research of Richard J. Zeman, Ph.D., left, associate professor of cell biology and anatomy, as he searches for clues to alleviate the ordeal of spinal cord injury. The condition afflicts upwards of 12,000 new victims each year, a large proportion of them members of the armed forces. Dr. Zeman's research associates, Nengtai Ouyang, Ph.D., center, and Xialing Wen, M.S., round out the investigative team.

Richard J. Zeman, Ph.D., wants to learn how to stop spinal cord injury, especially the contusion kind that bruises the spine, common after auto accidents, football mishaps and war. Veterans represent a large proportion of the 12,000 new cases each year, and a prevalence of 240,000 chronic cases in the U.S. The cord responds to injury with "a profound loss of neural tissue and functional capacity," leaving young soldiers with irreversible paralysis that can last for decades. An important goal of rehabilitation is to increase neuromuscular strength and function and reduce healthcare dependence.

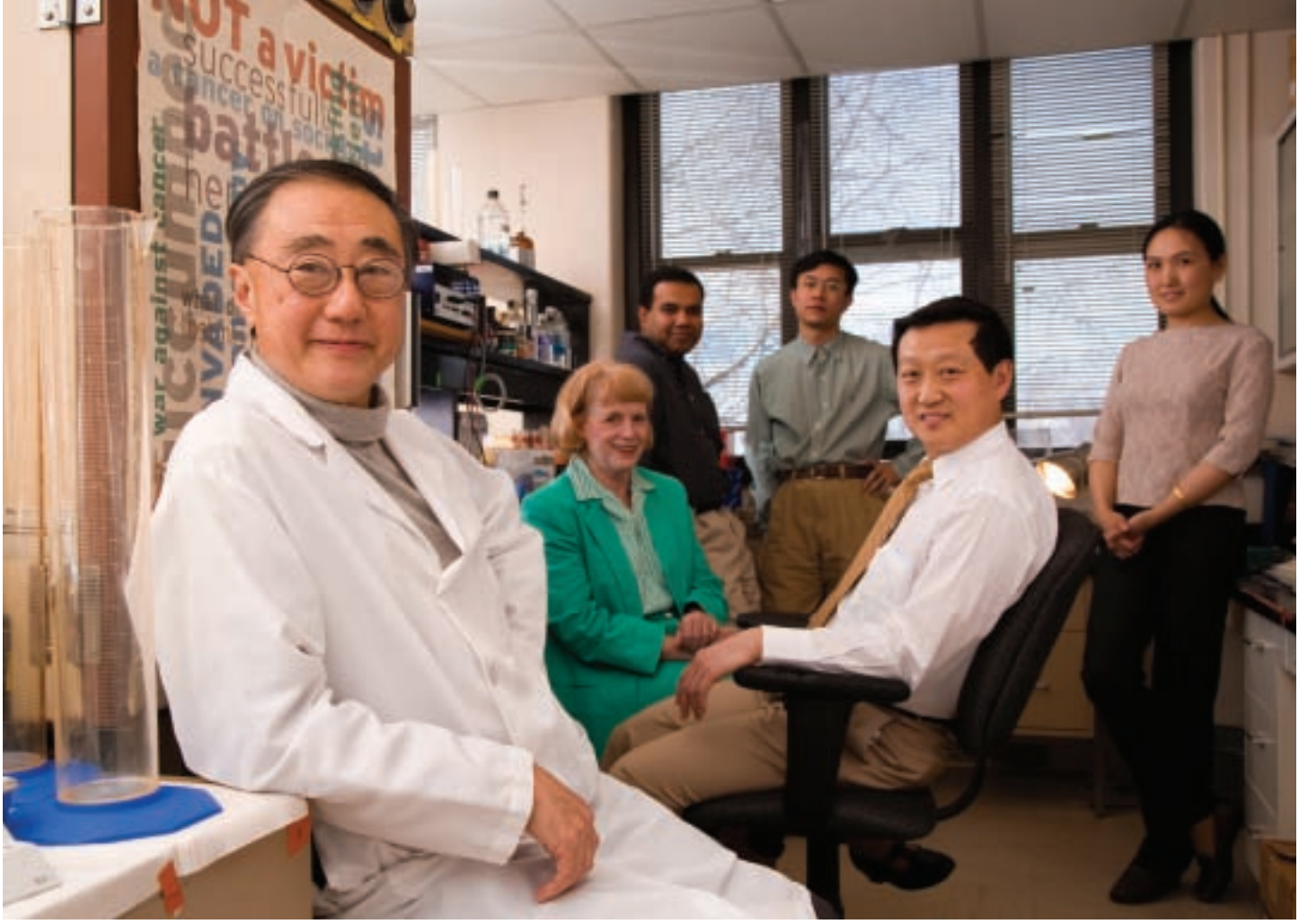
Dr. Zeman started by using clenbuterol/albuterol to oppose muscle atrophy in injured rats. Clenbuterol stops the inflammatory process that destroys tissue and goes on to promote locomotive recovery. But the drug has side effects and may not readily penetrate injured tissue. Only methylprednisolone, a steroid, has been shown to work in humans, yet only modestly. Treatment must begin right after injury and suppressing the immune system opens the door to infections later on.

In conjunction with the Department of Radiation Medicine, and based on preclinical successes, Dr. Zeman is investigating the role of glutathione as a neuroprotective agent. He and Chitti R. Moorthy, M.D, professor of clinical radiation medicine and acting chairman of the Department of Radiology, are using x-irradiation (which always penetrates) delivered stereotactically to decrease the paralysis that follows an injury. "We know that radiation activates glutathione, an antioxidant present in our tissues, which is consumed after injury and must be replenished. We can regain locomotive ability by blocking the oxidative stress that causes injury," says Dr. Zeman. "The bottom line is we want to find the best antioxidant mechanism of action."

Raj K. Tiwari, Ph.D., foreground, becomes animated whenever he talks about his studies of metastatic breast cancer. His equally ardent team members are, from left: graduate student Devyani Chaudhuri, research assistant professor Ashok Badithe, Ph.D., and post-doctoral fellow Robert Suriano, Ph.D.

Raj K. Tiwari, Ph.D., received his first Army grant at the College for nearly $500,000 for taking on the challenges of immunotherapy of prostate cancer in the absence of defined tumor specific antigens. This new award for breast cancer research singles out estrogen as the gang leader of metastases—the mobilizer of circulating bone marrow-derived endothelial progenitor cells looking to get into the bloodstream and find a new place to set up shop. As in most solid tumors, neo-vascularization or blood vessel formation is essential to the process. "But it is a double-edged sword," says Dr. Tiwari. "You need vessels to funnel drugs to kill the tumors, but these same vessels form an escape route for cells to enter the bloodstream, initiating the process of metastasis.

"First we have to identify which cells are leaving the bone marrow and entering the tumor in our mouse model. We think it is cd31…Despite the fact that 60 percent of all breast cancers are estrogen dependent and most breast cancers start out as estrogen responsive, no mechanistic study has yet examined how estrogen mobilizes circulating bone marrow-derived endothelial progenitor cells, which home to implanted breast carcinoma and promote tumor growth and spread."



J.W. Chiao, Ph.D., foreground, professor of medicine, is finding ways to use the isothiocyanates in cruciferous vegetables as a way to restore certain damaged genes back to an inactive state. Fellow members of Dr. Chiao's team are (from left): Ruth Gallagher, B.S., M.B.A., administrator; Nasir Ahmed, M.D., clinical research coordinator; Sean Lin, M.D., Ph.D., and Jean Feng, M.D., M.S., fellows; and Delong Liu, M.D., Ph.D., associate professor of medicine.

Jen-Wei Chiao, Ph.D., can really explain to former President George Bush why he should eat broccoli. It was his laboratory that produced the original report that isothiocyanates, present naturally in cruciferous vegetables, may be one of the most responsible dietary factors for preventing prostate cancer. Cruciferous is the classification for the cabbage and mustard family that also includes turnips, radish, cauliflower, watercress, Brussels sprouts and, of course, broccoli.

Prostate cancer is the most commonly diagnosed cancer among men in the U.S. Growth and maintenance of the prostate is influenced by the hormone androgen, and any abnormality of the androgen receptor is a decisive factor in the failure of treatment in advanced cases. "If we can lower the supply of androgen we can inhibit the cancer," Dr. Chiao says. "We have demonstrated that a family of isothiocyanates from different species of cruciferous vegetables induces growth arrest and cell death in human prostate cancer cells in culture and in mouse cancer models." Repressing the androgen receptor—at the transcriptional level by inhibiting transcription factor Sp1 and at the post translational level by accelerating protein degradation,—are the important mechanisms of action.

Dr. Chiao's lab has demonstrated that isothiocyanates can inhibit the aberrant epigenetic effects (excess DNA methylation) in the DNA and protein complex, which regulate the way genes make proteins. This is how a key detoxifying protein, GSTP1, present in normal prostate tissues but missing in more than 90 percent of prostate tumors, is recovered. In Dr. Chiao's experiments, he reactivated the GSTP1 gene and restored the detoxifying function in the cancer cells. "We have also used isothiocyanates to reactivate other silenced genes in cancer cells, making them regain their normal functions. It is this self regulation that can overcome the cancer changes. It is also the basis of prostate cancer prevention by the vegetables," he says "… You know how broccoli smells when it is cooking? That's the isothiocyanates you smell!"

WHEN

Something BAD Happens And It Wasn't Your Fault— **WHO YA GONNA CALL?**

Gary M. Williams, M.D., professor of pathology, has earned an industry seal of approval for putting his life's work and integrity on the line.

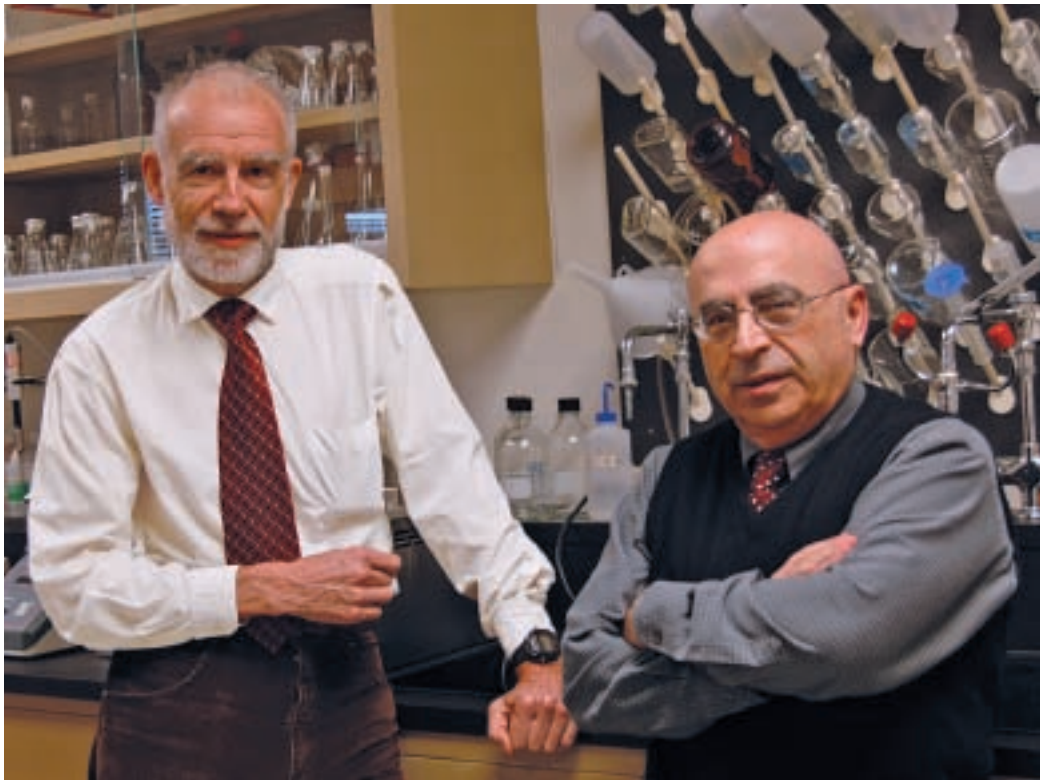
By Marjorie Roberts

Pathology may never vie with internal medicine as a popular residency choice, but it sure is coming on strong in the image makeover department. The television drama "CSI: Crime Scene Investigation" makes it clear that the proverbial needle in a haystack is no match for the microscope, nor a speck of DNA too small to preclude the need for a confession of guilt. But you don't have to be a sensational pathologist to be cool these days. You could try emulating Gary M. Williams, M.D., who continues to set standards for his profession and then practice what he's preached.

Dr. Williams is a world class toxicology-buster for corporations needing to know if their products are safe—and if they're not to figure out why—and then tell the world by publishing the results. At the same time he has managed to create and oversee a graduate division of toxicology at New York Medical College, and to enrich the educational component of his work with innovative programs. If his business card were big enough, it would barely hold his credentials: Professor of Pathology, Department of Pathology; Director of Environmental Pathology and Toxicology; Head, Program on Medicine, Food and Chemical Safety; Professor of Clinical Public Health, School of Public Health; 2005 Dean's Distinguished Research Award winner.

It's the dose...

"We are doing a study to determine whether the class of antibiotics, the fluoroquinolones, can produce genetic damage in eukaryotic [human] cells," says Dr. Williams. "This is the crux of safety assessment, and that is 80 percent of what we do. Every chemical must be tested at doses that will give an effect up to the maximally tolerated dose. When you are testing medications for a therapeutic dose, you do a dose escalation study…We come into the picture when there is a bad finding that needs to be explained."



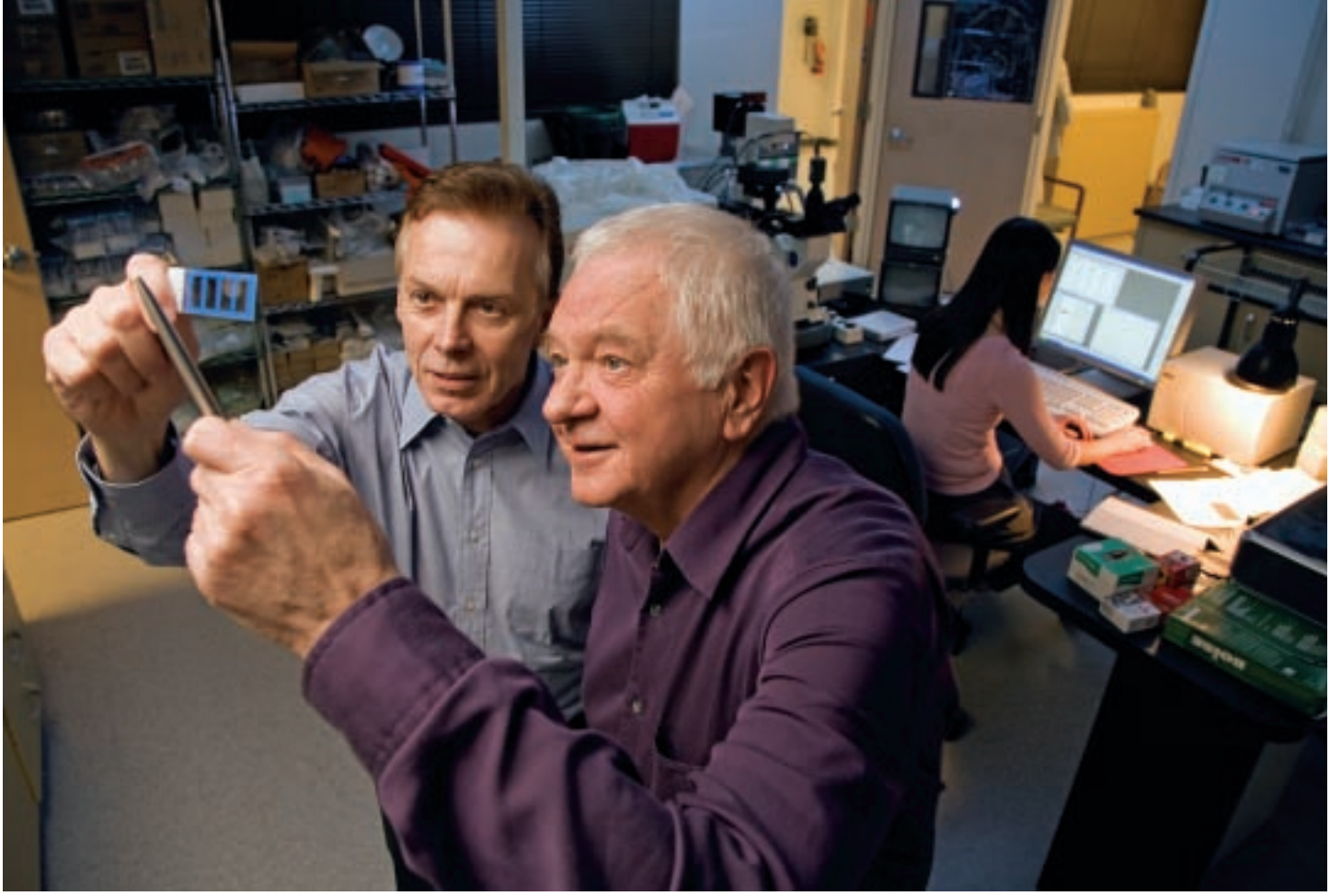
Core associates in the Williams lab are Alan M. Jeffrey, Ph.D., left, and Michael J. Iatropoulos, M.D., Ph.D., both research professors of pathology.

Dr. Williams uses "we" to refer to his core associates, all of whom worked together at the now defunct American Health Foundation in Valhalla, N.Y. That mission was cancer prevention and much of the work still is for Alan M. Jeffrey, Ph.D., a biochemist, and Michael J. Iatropoulos, M.D., Ph.D., a toxicologic pathologist, both research professors of pathology.

There are also new neighbors whose mere presence holds great promise. Zbigniew Darzynkiewicz, M.D., Ph.D., professor of pathology, medicine, and microbiology and immunology, and Frank N. Traganos, Ph.D., professor of medicine, moved their Brander Cancer Research Institute a year ago from an off-campus site to a laboratory suite across the hall from Williams in the Basic Sciences Building. Their ultra sophisticated equipment, such as a laser scanning cytometer, heralds a fruitful collaboration between the groups. Dr. Traganos says, "Now they will be able to actually view cells and measure damaged DNA for chemicals they are testing. Gary's results have been consistently reproducible and his clients have confidence in him. I've known him for many years and his reputation is worldwide. The hardest thing is to walk the fine line of scientific neutrality while maintaining your independence."

New territory

Jerry Rice, Ph.D., an old friend and colleague, explains how adept Williams is at making it up as he goes along. The distinguished professor in the department of oncology at the Lombardi Comprehensive Cancer Center, Georgetown University Medical Center, in Washington, D.C., declares, "His integrity is unmatched. Gary is an outstanding scientist and toxicologist who has a penetrating insight into what needs to be done to clarify complex scientific issues. Then he designs and carries out studies to



Gary M. Williams, M.D., left, sets great store by his collaborations with neighbors Zbigniew Darzynkiewicz, M.D., Ph.D., right, and Frank Traganos, Ph.D., co-directors of the Brander Cancer Research Institute. Housed there is the College's sleek, sophisticated laser-scanning cytometer and its mind-boggling capabilities—which the two scientists are glad to share.

fill these knowledge gaps—he's done it over and over again."

An early example of this need-to-know resourcefulness was his invention of the first medium designed specifically to grow liver cells—a nutrient source so widely used that it has come to be known as Williams' Medium E. "We developed the basic techniques for culturing liver cells. They are our specialty," Dr. Williams asserts. "These cells are valuable because the liver has all the enzymes that metabolize chemicals entering the body, sort of a standby chemical factory to study dose-effect relationships of carcinogens at low doses."

The liver cells also came in handy for tamoxifen, a drug prescribed to women for the treatment of breast cancer. "We were first to discover the drug caused rat liver tumors because it was DNA binding," he continues. "We didn't do the human studies, but other investigators showed it did not cause tumors in human livers … This surveillance is the so-called parallelogram approach, a sequence of events starting with the rat, then rat cells, followed by human cells and then humans [clinical trials], the endpoint." (Although there has been no increase in liver cancer in women taking tamoxifen, there was an increased incidence of uterine cancer. Women taking tamoxifen for a recommended five-year period

Using the Comet Assay to Detect DNA Damage at the Single Cell Level

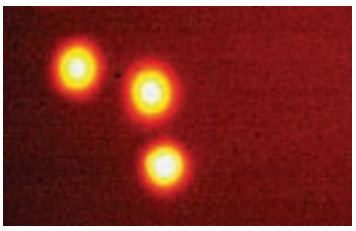


Figure A

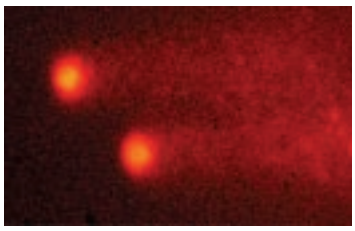


Figure B

The comet assay is a sensitive technique used for analyzing and quantifying DNA strand breaks in individual cells. Cells are embedded in agarose on a glass microscope slide and broken apart in a detergent-containing high salt buffer. The liberated DNA is then placed under alkaline conditions, which allows DNA unwinding and expression of DNA strand breaks. Then, the DNA is subjected to electrophoresis, where the negatively charged, broken DNA fragments migrate toward the positive electrode; the greater the DNA damage, the greater the DNA migration. The DNA is subsequently stained with a fluorescent dye and viewed using fluorescence microscopy. Figure A illustrates control cells with no DNA migration. Figure B illustrates cells exposed to diethylnitrosamine showing distinctive comet tails to the right, which are indicative of extensive DNA damage.

(COURTESY OF DANIEL SMART, PH.D.)

are encouraged to have gynecology checkups twice a year.)

Bench born

Although he says he never intended having a life of research, Dr. Williams did not look elsewhere from the time he graduated from Washington and Jefferson College and the University of Pittsburgh School of Medicine. He did a residency in pathology at Massachusetts General Hospital and Harvard University Medical School, and several post-docs including research on chemical carcinogens at the National Institutes of Health. "I started my liver work there," he says.

The time he spends at the College is diverse. Annually, he and Dr. Iatropoulos organize a one-week program on the safety of medicines in the graduate school pathology curriculum. They will host this year's event on October 15 at the Crowne Plaza Hotel in White Plains. They also put together a customized master's program in toxicology pathology for professionals only; one student per year is accommodated and there is a current post-doc from the U.K. enrolled for next year.

This lifelong effort to prevent cancer by inhibiting the effects of chemical carcinogens has identified Dr. Williams with a pharmaceutical product, acetaminophen, and the longstanding client that markets it—the McNeil Consumer Products subsidiary of Johnson & Johnson. "Acetaminophen has the potential to prevent several types of cancer, including the colon," Dr. William says. "The mechanism is one of two things or maybe both; it interferes with the damage that chemicals make to the cell, and it reduces the cell proliferation induced by the carcinogen. We can get the protective effects of acetaminophen at the therapeutic dose—4 grams a day (1 gram every 6 hours)."

When Dr. Williams received his first College appointment in 1975 as a research associate professor, he was working at the American Health Foundation in a building just down the road. (The College acquired the building, now under development, when the company folded in 2004.) He was there when the so-called Tylenol murders took place in Chicago in 1982. Seven persons died from ingesting cyanide-laced capsules and no one ever was arrested for the crimes. Though hardly at fault, McNeil Pharmaceuticals, makers of Tylenol, took full responsibility, and their immediate, no-excuses response and swift corrective action became the industry standard for dealing with product crises. Within a year, the public's trust in Tylenol was restored as a new tamper-resistant product in special-seal bottles came on the market. Dr. Williams doesn't like to talk about his consulting role in the event, preferring instead to discuss the integrity of the client, which remains one of his 25 corporate sponsors. Now integrity is something Dr. Williams knows all about.

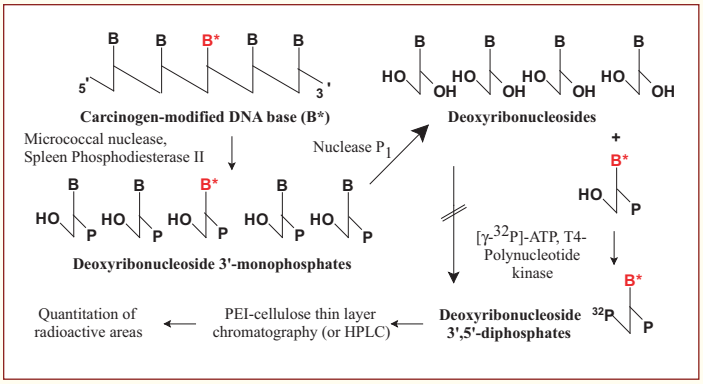


Figure 1

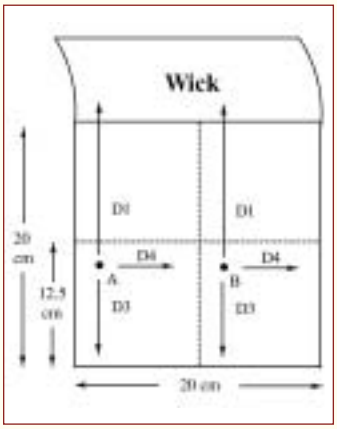


Figure 2

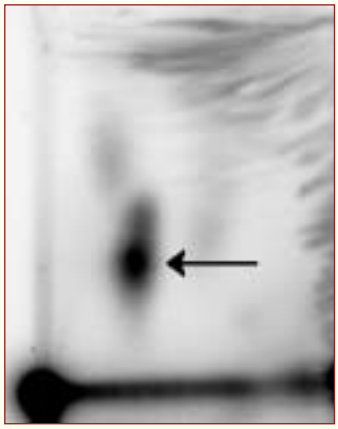


Figure 3

HOW FOODS CAN CAUSE CANCER

Many carcinogens react chemically with DNA to form products called DNA adducts. Their level in cells is one indication of a cell's risk of developing into a tumor. Adduct levels can be measured by a technique known as 32P-postlabeling in which DNA is isolated from tissue samples or cells, digested, labeled with radioactive 32P (*Figure 1*), and then separated in three different directions on a chromatography plate (*Figure 2*). The adducts are detected on these plates based upon their associated radioactivity. For example, cooking fish or meats at high temperatures, such as by grilling, generates a number of chemicals known as heterocyclic amines, which have been shown to cause cancer in animals. There is a high probability that these chemicals also lead to human cancers. The Williams team has studied one of these groups of amines, 2-amino-3-methylimidazo [4,5-f] quinoline (IQ), and found that it reacts with DNA in rat liver. Using this nucleotide 32P-postlabeling technique, they discovered one major DNA adduct (see arrow, *Figure 3*) which is not found in control samples. Further investigation of factors that control these adduct levels are directed toward cancer prevention.

(GRAPHICS COURTESY OF ALAN M. JEFFREY, PH.D.)

Alpha Omega Alpha Iota Chapter celebrates **50 YEARS AT THE COLLEGE**

These hyper-achieving men and women are anything but elite. They are as committed to their fellow students as they are to the welfare of their community.

By Bill McDaniel

"Rowdy, boorish, illiterate and immoral." These are hardly the words you would expect to hear used to describe medical students. Yet, they are words, more or less, used by William Webster Root in describing why he felt driven to establish Alpha Omega Alpha (AOA), the national medical honor society, as a bulwark against those who would demean his chosen life's work. The year was 1902 and, to refute the prevailing negative views of the medical profession and its students, Root and five other medical students at the College of Physicians and Surgeons in Chicago founded AOA to "foster honesty and formulate higher ideals of scholastic achievement."

At the time, conditions in the vast majority of medical schools could best be described as dismal and the students hardly of the highest academic achievements. Only 15 percent were college graduates; the rest had high school diplomas or the equivalent. Boy, how things have changed.

Present day medical students, representing the best of our youth, have already achieved significant academic success and are motivated by the highest ideals. Ask any student at New York Medical College why he or she is pursuing a career in medicine and you'll hear words like sacrifice, dedication, giving back, search for knowledge, service and healing.

AOA is the only national medical honor society in the world, with more than 100 active chapters in the U.S. and Canada and one at the American University in Beirut. The New York Medical College Iota chapter was founded in 1957 when the College was still based in New York City. The first class had 5 students as members. The present Iota chapter has 48 members—36 graduating this year and 12 who will graduate in 2008. Next year the number will be filled out by the top students in each of the two upper classes.

According to William H. Frishman, M.D., the William and Barbara Rosenthal Professor and Chairman of the Department of Medicine, and AOA councilor of Iota Chapter, "members are selected from among a medical school's highest academic performers, generally the top 15 percent or so, about evenly divided between third-years and fourth-years. Of course, all members must also exhibit the qualities of good character, leadership and professionalism. More important, students chosen for AOA membership must be dedicated to serving not only their fellow students, but also their community."

The current members of Iota Chapter certainly seem to fit the profile. Take fourth-year Ashlie Darr, Iota Chapter president, who is pursuing a residency in otolaryngology. At a young age, Ashlie learned to appreciate the power of education, and ever since has been driven to share her love of learning with others. She has taught science to disadvantaged first graders, served as an interpreter at an Atlanta hospital while piling up an impressive record in college, volunteered with AmeriCorps at a multilingual family health center in Brooklyn, and tutored teenage immigrants in math and English. Clearly, her life reflects her passion—and she is not alone.

Given the massive workload medical students must endure, it is hard to comprehend how these highly accomplished individuals find the time to do what they do. Here are some of the activities carried out this year by members of Iota Chapter:

- They offer a tutoring program for first- and second-years in the basic science courses, for which they won an AOA Medical Student Service Project Award last year.
- Their "4:1" program provides fourth-year mentors to first-year students, offering real-world, "been there, done that" advice and counsel, and the third-year residency outreach continues the AOA mentoring tradition. They also offer a "Post Match" residency fair after Match Day.
- The Iota chapter's website, The Guide to Fourth Year Electives, continuously updated with student feedback, is a very popular guide to choosing hospitals for away rotations. They also publish a Guide to Clinical Years and Guide to Residency Applications, two extremely helpful resources.
- The AOA Class of 2007 is developing an elementary science and health outreach initiative for use in primary schools in Yonkers, N.Y., focused on teaching young children the importance of healthy lifestyle choices. AOA national has awarded the Iota team a $1,500 grant to enable this project.

All of this comes on top of the normal academic load, which explains why AOA members aren't rowdy and boorish. They don't have time!

Talking to several AOA members about their participation in these programs and about the inclination for action and outreach that seems to be rife among Iota members produced some insight into their altruistic behavior.

Fourth-year Katherine Shister, who plans to go into obstetrics and gynecology, was particularly interested in the 4:1 mentoring program. "Through the 4:1, I was able to share my experiences and perspectives with younger students—to give them some tips and things to think about," she says. "I remember as

As the New York Medical College Iota Chapter of Alpha Omega Alpha (AOA), the national medical honor society, celebrates 50 years on campus, members reflect on the group's tradition of scholastic excellence and selfless service. Working with supportive faculty, the group continually strives to orchestrate projects that will improve the lives of fellow medical students and will also benefit the entire community. Recently, this year's inductees swapped their white coats for dressy attire to attend the chapter's annual induction ceremony and banquet.

a freshman in high school and later at Vanderbilt being so apprehensive and looking for information to help me make the right decisions. Mentoring wasn't a big deal then. It really would have helped. And so I was happy to be able to provide the younger students with the benefit of my experiences.

"The current 4:1 is just one meeting in a large group, sort of a Q&A format," she continues. "Though we do give the students our contact information, I think it would be better if the process were a little more formalized, with several meetings instead of just the one, and possibly even more of a one-on-one opportunity."

Ms. Shister is another example of the service ethic so ingrained in AOA. In the summer of 2004, the Illinois native traveled to South Africa to do volunteer medical work through a program called "Child and Family Health International." She spent one week in a major hospital, shadowing the doctors, helping out and learning all she could. Then she spent another week with an EMS team in Cape Town, South Africa, an experience she found "fascinating, exhilarating and shocking all at the same time." Living with a host family in Cape Town gave her a perspective on the reality of life in that country, but more important, she says, "It taught me the importance of looking outward, beyond the borders of the U.S."

In March, the group hosted its annual induction banquet and lecture. To present the annual AOA Visiting Professor Lecture they invited Edward D. Harris, Jr., M.D., the George DeForest Barnett Professor of Medicine at Stanford University School of Medicine, AOA executive secretary and editor of the AOA journal *The Pharos.* Dr. Harris' lecture subject was, fittingly, mentoring.

Marit Kreidel, chapter vice president and a fourth-year who will specialize in dermatology, helped to organize the banquet. She, too, personifies the dedication and commitment to serving people that seems to characterize NYMC students in general and AOA members in particular. A native of Orange County, California, Ms. Kreidel has wanted to be a physician "since I was eight… Ever since high school I have loved science," she told *Chironian.* "But I think it is the people aspect of medicine that really attracts me. As a student I waited tables for five years. To be good, in that job, you must learn very quickly to read people—to learn what they will respond to. The same is true in medicine. With all the dramatic changes in medicine, the dynamics of personal interaction have remained the constant, and for me, that was the key to the whole process."

Any conversation with an AOA member will usually surface the issues of commitment and responsibility, and so they did in talking with Ms. Darr, Iota president, and with alumnus and AOA member C. Gene Cayten, M.D. '67, M.P.H., professor of surgery and of community and preventive medicine. Both brought up the honor that attends AOA membership and the hard work and dedication that goes into achieving that high honor. Then both articulated, in different words, that with the recognition comes responsibility—to one's community, to fellow students and to the practice of medicine, the mandate to to pass along one's knowledge.

Just as AOA membership is not earned lightly, neither is the responsibility it carries. Ms. Darr offers, "It feels good to be selected for this high honor. It is particularly meaningful to me because Iota Chapter is very active in community service. Giving back to the school and the community is important to me, and my involvement with AOA is central to that experience."

Ms. Kreidel agrees: "AOA membership is such a huge honor for all of us. But it is more than that, because it represents a great opportunity to give back some of what we have received and learned. An active chapter like Iota only enhances that opportunity."

"It feels good to be selected for this high honor. It is particularly meaningful to me because Iota Chapter is very active in community service. Giving back to the school and the community is important to me, and my involvement with AOA is central to that experience."

— ASHLIE DARR, IOTA PRESIDENT

Still, AOA is not only about altruism. Membership does have its rewards, in the form of a positive impact on the future of those fortunate enough to qualify among its ranks. AOA members can expect doors to open a little more easily for them, enabling them to snare plum residencies and enter prestigious programs, for example. But even there, an element of service is at play. Ms. Shister's take on this is perhaps typical: "It is gratifying to have all my hard work pay off in AOA membership and I'm sure it will pay off in my residency match. But just as AOA membership may help in opening doors to the more high-powered programs out there, as my fellow chapter members are accepted and excel, I think this might actually give a leg up to all students at New York Medical College in gaining access to those same programs."

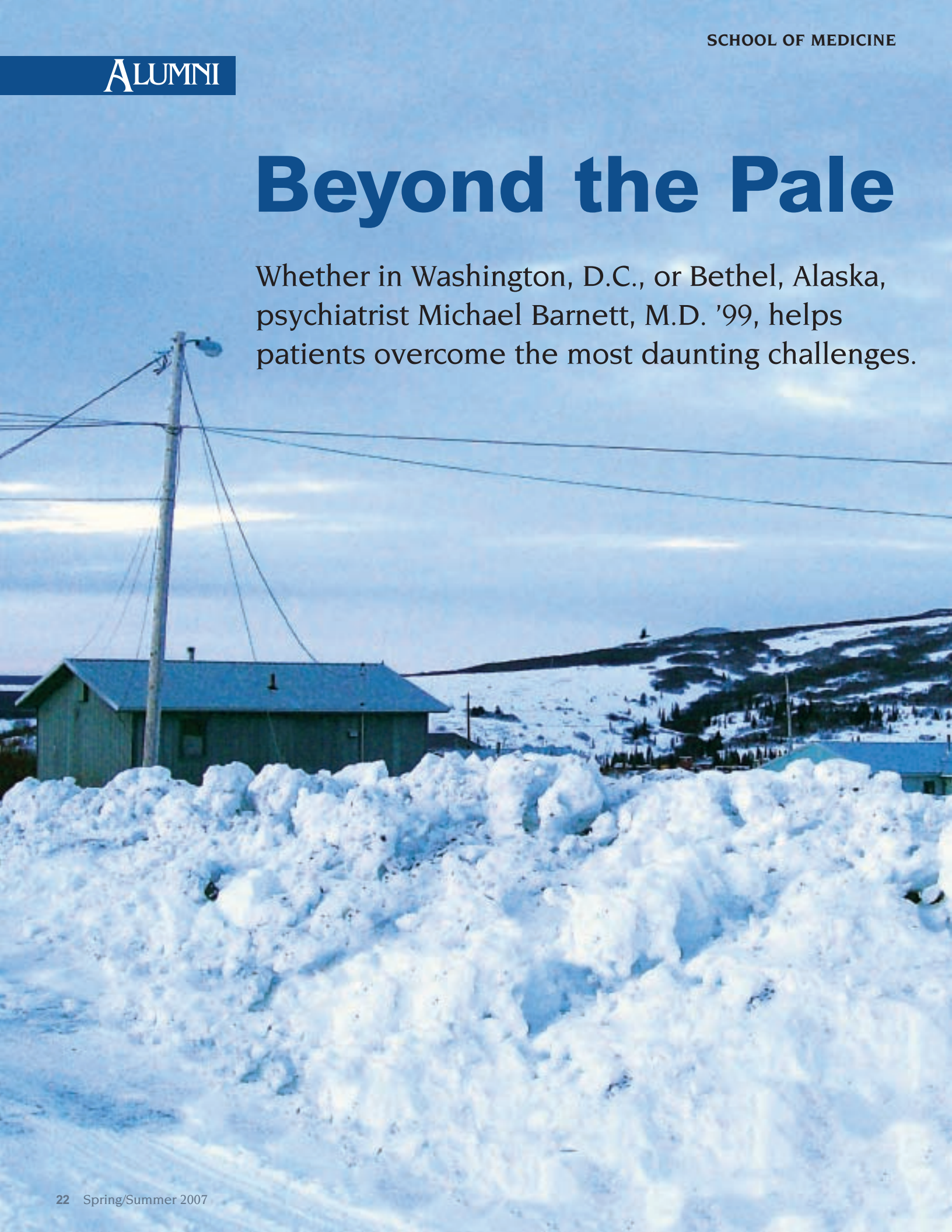
Perhaps the best appraisal of AOA membership is defined by the Iota Chapter advisor, Dr. Frishman. "You'll find the AOA certificate right there next to the M.D. diploma on the wall. Academic excellence and a dedication to service define the best qualities we'd like to see in all our medical professionals. Election to AOA is only the tip of the iceberg in a school like New York Medical College, where you will find that all of our students are committed to being the best they can be."

1. Nicole Papastathis **2.** Steven Huffman **3.** Justin Weir **4.** Christopher Hunter **5.** Kristin Santini **6.** Erroll Ozdalga **7.** Ryan Isom **8.** Kevin Bauer **9.** Jayson Neil **10.** Joshua Hawkins **11.** Will Sheldon **12.** Guy Johnson **13.** Jonathan Hall **14.** Jervis Yau **15.** Robin Quazi **16.** Joshua Rubin **17.** Jelena Tomasevic **18.** Dmitri Igonkin **19.** Jessica Safra **20.** Katherine Shister **21.** Michael Witkosky **22.** Pai-Jong Tsai **23.** Susan Kim **24.** Amy Gin **25.** Elaina Oteyza **26.** Nancy Cooper **27.** Joshua Mozes **28.** Jason Loizides **29.** Nirav Desai **30.** Sharon Wright **31.** Bonnie McGuire **32.** Nicole C. Panarelli **33.** Megan Veresh **34.** Marit Kreidel **35.** Michelle Jimerson **36.** Lauren Ihde **37.** Bonnie Dunne **38.** Christina Earhart **39.** Stephanie Marion **40.** Christopher Tirce **41.** Joshua Zeidner **42.** Elizabeth Ashlie Darr **43.** Stacey Gallacher

2007 Inductees not pictured: Jennifer Dore, Sherry Fishkin and Kathleen Rosen

Beyond the Pale

Whether in Washington, D.C., or Bethel, Alaska, psychiatrist Michael Barnett, M.D. '99, helps patients overcome the most daunting challenges.



By Andrea Kott, M.P.H.

If you had the chance to practice medicine in a remote Alaskan village, a frozen tundra where the winter wind chill can drop as low as 40 degrees below zero and the winter days are barely distinguishable from night, would you go?

"It is not unheard of for doctors to take a plane to Bethel [Alaska]... look around and take the first flight home," Michael Barnett, M.D. '99, says. "Bethel is not like the television show "Northern Exposure." It's not what you would call 'scenic Alaska.'" But something about Bethel attracted Dr. Barnett and keeps bringing him back.

Michael Barnett, M.D. '99, is a psychiatrist who works with a native population in Bethel, Alaska, a region challenged by geography, weather and cultural isolation. His dedication requires him to travel 8,500 miles to spend one week out of four at remote clinics in the Alaskan tundra.

Dr. Michael Barnett is a private practice psychiatrist in Washington, D.C. He is on the clinical faculty of the psychiatry department at the George Washington University Medical Center, where he completed his residency in 2003. He is also a crusader for social justice and a believer in the strength of the human spirit, which is why traveling to Bethel for one week every month to work with the indigenous population is neither a stretch nor a sacrifice. If anything, it's a gift.

Frequent flyer

"To be allowed the privilege of working with the native population in such an intimate way has a great deal of meaning to me, which is why I'm willing to travel 8,500 miles round trip once a month," Dr. Barnett says.

For the past two years, Dr. Barnett has been a part-time psychiatrist for the Yukon-Kuskokwim Healthcare Corporation, which manages a comprehensive healthcare system for 58 federally recognized tribes in 50 rural communities in southwest Alaska. The system includes community health clinics, a regional hospital, dental and optical services, mental health services, substance abuse counseling and treatment, health promotion and disease prevention programs, and environmental health services.

One Sunday each month Dr. Barnett flies to Anchorage and from there spends a week traveling to clinics, including the McCann Treatment Center for male youths who have severe emotional disturbances and use inhalants and other drugs. His "rounds" are situated in the Yukon-Kuskokwim delta region, where Dr. Barnett works with children, adolescents and adults. "The issues that I see are consistent with those in Washington, D.C.," Dr. Barnett says. "The difference is a matter of resources and an environment that creates the challenges of the delta region."

Dark noon, midnight sun

It is easy to presume that only non-natives struggle with the Alaskan environment, but according to Dr. Barnett, it takes a toll on just about everyone. First, there is the sense of isolation. There is a single paved road, Chief Eddie Hoffman Highway, that goes through town, but Bethel and many of the surrounding villages are not accessible by car. People either fly there or take a boat on the river, unless it is frozen, when they can drive on it. "Everything is iced over in the winter," Dr. Barnett says.

Second, there is the weather. "In winter it can be bitter cold and dark most of the day," Dr. Barnett says. Spring brings more light and moderate temperatures, along with melting ice and snow. "Everything seems to turn into mud around April," he says.

Third, there are extremes of darkness and light, Dr. Barnett says. During summer, for example, the sun never fully sets and can be shining as late as 2 a.m., which makes treating bipolar disorder particularly challenging. "People tend to get activated by the sun, and it's not unusual for them to become manic during the warmer months and depressed in the darker months."

When he first arrived in Bethel, Dr. Barnett was surprised to find patients on enormous amounts of medication, until he realized how difficult it can be to sleep at night. "Midnight can look like three in the afternoon," he says. "It's not unusual to stay out during the week until 11 p.m. or midnight because you have so much energy."

Preserving a heritage

He found other concerns as well, including a sense of cultural isolation among the Yup'ik, the native population of Bethel. "Yup'ik culture is battling to preserve itself amid the strong influence of White European culture that's

(continued on page 28)

From Jersey Girl to Packers Fan

Mary J. Meehan, Ph.D., M.S. '89, lives a life of faith and service through education.

By L.A. McKeown

When trustees at a small Midwestern liberal arts college were searching for a new president to safeguard the unique learning philosophy they had cultivated for more than 30 years, they turned to a woman as unique as the school itself. Although Mary J. Meehan, Ph.D., M.S. '89, was comfortable in her position as executive vice president for administration at Seton Hall University in South Orange, the Jersey girl decided to take a leap of faith—and it paid off.

"I really never have looked for a job, quite frankly. I was not looking for a job when the search firm called me, but I had looked into [Alverno College] when I was doing my doctorate. It has been known for more than 30 years for what is called an ability-based curriculum," Dr. Meehan explains. "Once I got here I was just so enamored—and the fact that it's a women's college was exciting to me."

"Cutting edge" learning

Dr. Meehan is far from alone in her fondness for the school. In 2000, *The New York Times* cited Alverno College in Milwaukee as one of the "institutions that higher education experts expect to be on the cutting edge" in years ahead.

The emphasis of the curriculum is basically to redefine education in terms of abilities needed for effectiveness in the worlds of work, family and civic community. Essentially, the ability-based approach stresses to students the importance of being able to do something with what they know. While most traditional colleges and universities use a letter grade or pass/fail system, Alverno uses a variety of techniques, including narrative feedback, self evaluation and community assessment.

In what the *Times* called a "breathtakingly simple approach" to both a basic college education and outcomes assessment, Alverno requires students to learn eight specific sets of skills, which include communication, problem solving, social interaction and effective citizenship, among others.

"These are not taught separate from the program, they are embedded into it," Dr. Meehan explains. Amid a philosophy of striving for improvement, in order to graduate, students must demonstrate what they have learned by showing mastery of those skills in a predefined way. Another distinctive element is the digitized portfolio for each student that allows them to see all the work they are doing and learn from their mistakes. Known for its elementary-education program, Alverno is ranked among the top four colleges cited by the U.S. Department of Education's new national awards program for effective teacher preparation.

Dr. Meehan's unalloyed pride in her school and its students is infectious. She relates the story of a former high school valedictorian who asked how she would know if she was the best in her class if she wasn't given a letter grade. "I said, 'And what does that matter?'" says Dr. Meehan. "Doing your best work—that's what matters." Taking it a step further, Dr. Meehan says she believes one advantage of an Alverno education over the traditional kind is that Alverno graduates see helping others as valuable rather than costly, an advantage that predisposes them to be better team players in the corporate world.

Call to academia

Dr. Meehan began her career not in education, but in health care. After graduating from Seton Hall with a B.A. in sociology and then an M.A. in rehabilitation counseling, she joined the staff of St. Mary's Hospital in Passaic, N.J., as vice president for mental health, leaving in 1988 to become administrator and chief executive officer at St. Vincent's Westchester in Harrison, N.Y. While at St. Vincent's Dr. Meehan attended the New York Medical College School of Public Health, then called the Graduate School of Health Sciences. She obtained her second master's degree in health policy and management before heading back to St. Mary's as executive vice president and chief operating officer.

When we last visited with Mary J. Meehan, Ph.D., M.S. '89 (*Images*, Fall/Winter 1995), she was putting her master's degree in health management and policy to good use as an executive at Seton Hall University. Twelve years later, things are still looking up for the School of Public Health alumna.

Her interest in higher education was piqued while serving on a university advisory board at Seton Hall. In 1996, the university offered her the position of vice president and assistant to the president. Five years later, after obtaining her doctorate from Seton Hall, she assumed the title of executive vice president for administration. Dealing with issues ranging from student affairs to technology, finance and compliance suited Dr. Meehan well. But when the opportunity to become the first lay president at Alverno presented itself in 2004, Dr. Meehan left the East Coast behind and began a new chapter in a life of service.

Schlemiel, Schlemazel and Cheeseheads

She knew no one in Wisconsin and nothing of Milwaukee prior to accepting the job at Alverno. Like many of us, her only concept of the city came from the old sitcom "Laverne and Shirley." Nonetheless, she adapted well to her new environment. This meant, among other things, adjusting to Midwesterners predilection for early-morning meetings and "Packer Mania."

"I'm not a football fan but you have to be into it a little bit if you live here," Dr. Meehan chuckles. "On Christmas Eve my church changed its Mass schedule because they thought otherwise, everyone would stay home to watch the Packers."

Dr. Meehan, who is single, says the hardest part of moving was leaving behind family and friends, some of whom go back as far as kindergarten. "A college president's job is 24/7. It's very

(continued on page 28)

Identity DETECTIVE

Whether fingering criminals or proteins, Lorah Perlee, Ph.D. '94, thrives on the thrill of the pace.

By Dan Hurley

After 20 years as an identity detective, whether using DNA to finger criminals or a new automated process to assess protein expression, Lorah Perlee, Ph.D. '94, has finally fathomed her own identity.

"I just tend to favor a fast-paced environment," says Dr. Perlee, who graduated from New York Medical College in 1994 with a degree in biochemistry and molecular biology. "I very much enjoy the pace of a small biotech start-up—the enthusiasm, the ability to move quickly and advance something that has been roughed out in R&D, and push it out into the commercial space. It's exciting, it's energizing, and it's very satisfying."

Dr. Perlee first acquired her taste for scientific thrill-seeking while pursuing a master's in forensic science at John Jay College of Criminal Justice in the mid-1980s, when she chose for her thesis topic the evaluation of DNA in dried bloodstains. And not those nice, pristine, refrigerated bloodstains found in laboratory samples.

"I spent months at the New York City Medical Examiner's office, going through all kinds of blood-stained evidence to determine whether they were amenable to DNA fingerprinting technology," she says. "I'd work with anything from a bloody shirt to a blood-splattered baseball bat."

Quality DNA

And can anything scientifically useful be found on a blood-splattered baseball bat? "That was the scientific question we were asking," she says. "Can you swab the blood off the surface? Was the DNA in the blood of sufficient quality and quantity?"

She answered those questions so well—usually in the affirmative—that when the chief of the forensic biology laboratory at the Medical Examiner's office left to join a small company seeking to commercialize DNA fingerprinting, he invited her to come with him. In her first job with the company, Lifecodes Corp., she analyzed DNA in evidentiary material from over 350 cases, and testified as an expert witness more than 50 times in 12 different states.

With the company located just a stone's throw from the campus of New York Medical College, Dr. Perlee accepted the company's offer to pay her way through a Ph.D. degree. "At Lifecodes, what I had been focused on in identity testing was looking at differences or similarities in the DNA map," she says. "The courses I took at the Graduate School of Basic Medical Sciences expanded my thinking to, wow, this whole other area of human variability: the regulation and expression of those genes. That's where, scientifically, I shifted gears and became much more interested in the expression of proteins, versus the actual DNA map."

Advancing career moves

Soon after graduating in 1994, she became the director of Lifecode's HLA Laboratory, where she managed a staff of 32 scientists performing high-throughput molecular HLA typing of bone-marrow donor samples. Working under contract with the National Marrow Donor Program and the Naval Medical Research Institute, her laboratory grew in five years from analyzing about 200 samples a month to about 25,000.

After Lifecodes was acquired by Orchid Diagnostics in 2001, Dr. Perlee joined DiagXotics, a Connecticut firm developing diagnostic assays for animal diseases. In 18 months as vice president of operations, she designed 11 commercial diagnostic kits for detecting viral pathogens.

In late 2002, she joined a New Haven firm, Molecular Staging Inc., where in two years—again as vice president of operations—she authored five patents involving the identification of disease biomarkers. At the same time she was managing 25 scientists involved in discovering such biomarkers and developing fast, efficient tests and commercial products based on them. Next came two years with another start-up, Protedyne Corporation, which specializes in the development of robotic automation for medical laboratories. But with an 82-mile commute each way and no biological research to sink her teeth into, Dr. Perlee left at the end of 2006 to join the firm she's with now, HistoRx of New Haven, as vice president of technical operations.

"The conventional way to assess protein expression in human tissue is immunohistochemical analysis, in which a pathologist visually evaluates a chromagen stain and scores it," Dr. Perlee explains. "The limitation is that it's incredibly subjective. Different pathologists can give different results. We have licensed a technology, developed at Yale, that's automated, continuous and quantitative. It combines a microscope, a camera, a series of reagents and software. Right now we're working with a number of the top-ten pharmaceutical firms and academic thought leaders."

Although the firm is new and has just 25 employees, Dr. Perlee says that this is precisely the stage of a company's life cycle that she most enjoys. "That's my sweet spot—taking something from a concept to a reality, scaling it up and expanding it into commercial viability," she says. "It's certainly not for the faint of heart, but it's very exciting. Once the company gets to a favorable position commercially, I tend to move on."

Highly focused

Her passion for dynamic environments is not limited to work. "It's kind of the way I live my life: work hard, play hard," she says. Married, with two children—Sarah, 11, and Bryan, nine—she throws herself into home activities with the same gusto she brings to her work. "When I'm at work, I am really focused on it. When I come home, I pretty much turn that off and get through the dinner, the dishes, the bath, the homework, the goodnights. Whether we're living in chaos at home or at work, at the end of the day, everybody gets through it."

For all her love of excitement, Dr. Perlee confesses that she and her husband, Bill (a golf course superintendent), had never taken a single vacation away from their children—until this past March. Earlier in the year, while watching a video of the British singer-songwriter David Gray, she had commented, "I would kill to see him in concert." They checked his concert schedule, but were disappointed to find that he was just finishing a two-year international tour, and that his only remaining dates were in Scotland.

A few days later, she arrived home from work to find two tickets for Gray's final concert, in Glasgow, sitting on the kitchen counter. Bill had bought them as a spontaneous gift.

"We went for a week—it was the first time in 11 years that we'd ever been away from our kids," she says.

Sounds exciting, energizing, thrilling—rather like business as usual for Lorah Perlee

You won't find Lorah Perlee, Ph.D. '94, letting any grass grow under her feet. Her track record with start-up pharmaceutical and leading edge R&D companies proves her affinity for the big idea—and her knack for moving a concept to reality in short order.

Beyond the Pale

(continued from page 23)

been creeping into the area since the nineteenth century," he says. "White European institutions are becoming dominant in what was native Alaskan-dominated culture."

And yet, the Yup'ik people have a resiliency that Dr. Barnett attributes not only to the constant environmental and cultural challenges they face, but also to the breadth and depth of their collective character. "The environment creates challenges that force people to work together more, and through that you have meaningful social bonds in terms of quality—more than you would find in Washington, D.C., or New York," he says. "Up in the delta region people will give you their shirt if that's what you need. That's what attracts people to Bethel. You don't go there for the aesthetics. You go there for the people."

Dr. Barnett asserts that it's their strong social bonds that make the people of Bethel so resilient, which is not the typical view of traditional psychiatry. He explains: "Psychiatry still takes the attitude that resilience needs to be built up after a disaster. Yet social science literature of the past 60 years suggests that resilience during and after a disaster is the norm. It's our nature as human beings to effectively cope with even the worst of adversities."

Dr. Barnett, who is also a fellow in the office of Congressman Patrick Kennedy (D-RI), is trying to advance the notion that people are at their best in times of crisis. He has researched and drafted the Ready, Willing and Able Act (H.R. 3565 of the 109th Congress), which aims to replace the current emergency management paradigm of top-down command control with bottom-up, community-based disaster planning. "Medical training has shown me the myriad ways professionals often become obstacles to the manifestation of resilience by telling individuals and communities, either implicitly or explicitly, that 'Your lives are now better off because I'm here.' The real tragedy occurs when communities agree with that statement," he says.

In his effort to help remove the obstacles that hinder personal and community resilience, Dr. Barnett strives to encourage people to garner their natural inner strength in times of stress and crisis, to find the power to overcome social injustice. "For me to be able to help right social wrongs, even at the expense of being isolated within the medical community at times, is worth it to me," he says. "It keeps me going."

From Jersey Girl to Packers Fan

(continued from page 25)

social and you are constantly out with people, many of whom you like, but they're not your friends," she says. "I'd say carving out time at least once a month to go away for the weekend is important and I try to do that. It doesn't always work as much as I'd like because things come up, but fortunately, I have a lot of business trips [to the East Coast] so I try to catch up with family and friends then." She also considers herself lucky because her friends enjoy visiting her in Milwaukee, finding the city vibrant and pretty.

Another big plus for visiting East Coasters: Milwaukee has virtually no traffic compared to other big cities. "For a large city, the traffic here just isn't a problem," she says. "Even getting to the airport is no big deal here, which is incredible to me, having lived so long in New Jersey!"

Following her faith

A spiritual person, Dr. Meehan says her faith has always led her where she needed to go. "As a little girl I hated school and cried every day, which is pretty ironic considering I'm now a college president," she says with a laugh. "But I've always felt that when something is offered to me, as this job was, I really need to consider if this is where I'm meant to be, where I should be, rather than where I want to be. I don't recommend it for everyone, but that is how I've lived my life. I've never had a job I didn't like and I don't think many people can say that."

At Alverno, the president is "just Mary, not Dr. Meehan," she says with pride. With her typical modesty, Dr. Meehan adds that she feels privileged to serve in her job and doesn't feel it's something she deserves. "I just think I'm fortunate to be in this position at this point in time," she says. "I always say other schools have smarter presidents or more talented presidents—but not one of them has a happier president!"

Fadel S. Alyaqoub, Ph.D., M.S. '00, and his research are HALFWAY AROUND THE WORLD but he fondly remembers his years in Valhalla

By Kimberly Gaudin de Gonzalez

With its 5,000 years of history in the Persian Gulf off the east coast of Saudi Arabia, Tarout Island, and his boyhood home, seemed very far off to Fadel S. Alyaqoub, Ph.D., M.S. '00, on the day he landed at John F. Kennedy Airport and made his way to New York Medical College.

"At 25 I was still a baby, believe me," says Dr. Alyaqoub. "In so many ways, my time in the United States opened the world to me. I was the only Saudi student on campus at that time, and I learned so much about science, people and different cultures."

Fadel S. Alyaqoub, Ph.D., M.S. '00, and his wife Ezdehar R. Alshaker, are back in their native Saudi Arabia with their three children, one of whom was born in Valhalla during a snowstorm.

His career path eventually led back to Al-Khobar, Saudi Arabia, about 30 minutes away from Tarout Island. But he says his days in America, at the College where he received his M.S. in microbiology and immunology, and at the Medical University of Ohio in Toledo, where he worked on developing biomarkers for the chemoprevention of lung and colon cancers, continue to have great impact on his personality and profession to this day. Chemoprevention is a process aimed at slowing, stopping or reversing progression toward cancer.

Dr. Alyaqoub works as a scientist of molecular diagnostics and medical genetics at Saad Specialist Hospital, a 600-bed facility in Al-Khobar, the Eastern Province of Saudi Arabia. The hospital is the fastest growing facility in the Persian Gulf states of Bahrain, Kuwait, Oman, Qatar, Saudi Arabia and the United Arab Emirates. He says there are 42 different nationalities and cultures represented on the hospital staff—a fact he greatly appreciates. "Because of my work in the States, I know that I can be productive with people who are very different from me and that's helped me tremendously," he says.

Dr. Alyaqoub examines patient specimens for nucleic acids of certain viruses, and performs DNA-based tissue typing to see if donors match recipients for kidney transplants. "I'm training staff and introducing new molecular diagnostics to our lab," he says. "Now we are able to run molecular diagnostics that used to be sent out to other specialty labs."

According to Dr. Alyaqoub, the hospital is currently engaged in microbial genetic and DNA-based HLA typing, but there are plans to expand operations to include different cancer markers and many other genetic diseases. This would make his lab an important resource for the entire region. When the hospital in Al-Khobar opens an oncology center by the end of this year, he intends to follow his passion for molecular oncology and move to the new center.

Although the job wasn't his "Plan A, or even Plan C" when he was contacted by the Saad Hospital, he seized the opportunity to move with his wife and three children to Al-Khobar, on the mainland. Now they can be closer to his parents, siblings and extended family who still live on his beloved Tarout Island. "It's my home, and it is beautiful in my eyes," he said.

It was during his three years in Valhalla that Dr. Alyaqoub first discovered his interest in molecular oncology. Focusing on tumor immunology, he studied under Soldano Ferrone, M.D., Ph.D., former professor and chairman of the Department of Microbiology and Immunology. "Everyone was so kind to me there," he says. "It was a little bit tough at first; I felt so alone and had to adjust to so many differences culturally."

Dr. Alyaqoub went back to Tarout Island in 1998 to marry his sweetheart, Ezdehar R. Alshaker. They moved into a

(continued on page 35)

Abigail Brenner, M.D. '77: HEALING THE SPIRIT TO SOOTHE THE MIND

By Andrea Kott, M.P.H.

Why do some people weather major change better than others? What makes some people resilient and others not? Why do some have the coping skills that others lack?

Abigail Brenner, M.D. '77, started asking these questions about 15 years ago when she faced a major life change: giving up her private, New York City psychiatry practice and moving with her husband to San Francisco. Although excited about the move, Dr. Brenner knew she was cutting herself off from the life she knew. "The phrase 'rite of passage' came into my life, probably because I was going through one myself," she said. Today, the phrase is in the title of her recently-published book, *Women's Rites of Passage: How to Embrace Change and Celebrate Life.*

Relocating to San Francisco was a positive, albeit temporary change for Dr. Brenner (she and her husband returned to New York in 1996). Still, it made her wonder about the many changes—some positive, some less so—that people, especially women, encounter in life. She focused on women because public rites of passage for women have historically been more limited than men's. "What is it about some women that allows them to find new ways of looking at life and be optimistic, while others are totally undone by what happens to them?" she wondered.

Curiosity inspired her research, which she conducted by distributing a questionnaire about major life passages to more than 50 women. "Everybody had a story to tell," Dr. Brenner said. "What's more, I found that women made up rituals, finding creative ways to mark those passages."

Abigail Brenner, M.D. '77, was just getting started in the healing arts when she earned her medical degree. Since then she has extensively studied and practiced various forms of complementary and alternative medicine, is a Reiki Master and has become an ordained interfaith minister.

Dr. Brenner used those stories to write the book, which explores physical, psychological and emotional passages and goes on to suggest various tools for coping, such as accepting responsibility, taking action, trusting one's instincts, cultivating independence and embracing change. It is an approach that extends beyond the boundaries of traditional psychiatry. But as far as Dr. Brenner is concerned, "Just talking about a problem or issue often just scratches the surface."

Since earning her medical degree, completing her psychiatry internship and residency at New York University/Bellevue Medical Center, and working as an attending physician at the Bellevue Hospital adult outpatient clinic and as a clinical assistant professor at New York University, Dr. Brenner has become increasingly involved in complementary and integrative medicine. She believes that patients benefit most from treatment that taps into the mind, body and spirit. She has studied therapeutic touch and craniosacral therapy, and she's also a Reiki Master. To add an extra spiritual dimension to her work, she became an ordained interfaith minister in 2000.

With people increasingly relying on Prozac, Ambien and other medications to handle life stress, Dr. Brenner sees rites and rituals as tools that can help women cope. "I've had more people sit on the

(continued on page 32)

Jason Buchwald, M.D. '97:
ARRHYTHMIAS FOUNDER STILL BALANCES MEDICINE with ROCK 'N ROLL

By Andrea Kott, M.P.H.

Pretend you don't know that Jason Buchwald, M.D. '97, is a physician when you visit the website for Days Before Tomorrow, his five-man rock/pop band. One of the photos shows Dr. Buchwald wearing jeans and a t-shirt that says, "Trust me, I'm a doctor." What to think? Is the guy a doctor or a rock 'n roller?

But if you've ever heard the New York Medical College a cappella group The Arrhythmias, still going strong with an annually changing membership more than a dozen years after, as a second-year medical student, Jason Buchwald founded it, you'll understand how the two talents can co-exist.

Jason Buchwald, M.D.'97

"I always thought I'd do both," Dr. Buchwald said of music and medicine. "My father is a physician and I remember, as a little kid sitting on his lap, looking at pink and purple blobs under the microscope." At the same time, he said, "I was always picked for leads in school plays to sing and eventually to play the piano."

Long before his love of science began calling to him, music played a predominant role in the life of this Cleveland native. In the summer of 1985, at age 15 and "with the onset of puberty and teenage angst," he started his first band, a Top 40 group called TDM, named from some of the members' initials. He was living in Buffalo, where the family moved when he was 11. The band was good enough to open for singer Helen Reddy at the 1988 Fourth of July Friendship Festival in a park on the Canadian border of Buffalo. "We were almost signed to a record deal," he said. But college called instead.

Dr. Buchwald kept music in his life during his days at Union College in Schenectady, where he double majored in biology and music. Besides directing The Dutch Pipers, the men's a cappella group there, he started another band, the Groovy Buddhas, which played reggae, ska and funk music at gigs in Schenectady and in and around Albany. But fate, and education, kept stepping in: "The day CBGB [in New York City] asked us to play, our bass player had to take his GMATS," he said ruefully.

The bass player wasn't the only one being pulled in another direction. There was a time when Dr. Buchwald thought about enrolling in music school full time, but his ambition of becoming a professional musician bumped up against his dream of being a doctor. And so his challenge would be to balance the two aspirations, no easy task once medical school began. "Clearly, in medical school you have but one focus and that is to study and do medicine all the time," he said. "I was miserable initially."

In time he settled in, and in his second year discovered a like-minded group of fellow students who loved to sing. The Arrhythmias were born, with Jason Buchwald as musical director. "During our first year [1994] we made a CD and gave the proceeds to the Pediatric AIDS Foundation," he said. "The next CD's proceeds, one year later, went to the American Cancer Society."

Most medical students would be hard pressed to find time to practice and play with a band, and most residents would find it downright impossible. But music is too essential a nutrient for Dr. Buchwald to eliminate from his diet for long. He managed to play in two cover bands during his residency at Tufts University-New England Medical Center in Boston.

These days, despite the heavy administrative load of his private practice as an internist, specializing in weight management, obesity, cholesterol disorders and insulin resistance, as well as general medicine, he still writes music for the band, practices keyboard and guitar and jams a couple of days a week at the band's Wayne, N.J., studio, not far from his home in Hoboken. Days Before Tomorrow has already produced its first CD and is hoping to complete a second one by summer. There are talks with a Grammy-winning engineer and producer who likes their material, Dr. Buchwald said, and "if the band were offered a tour by a major record label for six months, that's a once-in-a-lifetime opportunity."

Not that he plans to leave medicine. If anything, Dr. Buchwald envisions maintaining the music-medicine balance that has marked most of his life. "I don't see it as giving anything up," he said. "I may need to change focus to take advantage of circumstances in front of me. But I've earned my M.D., and that's never going away." ♦


"Paging Dr. Buchwald to the stage…" Jason Buchwald, M.D. '97, second from right, and his band Days Before Tomorrow already have cut one CD and are planning another.

MILESTONES

Two Thousand Six

Julius N. Ade, M.D., M.P.H. '06, is working at Stony Brook University.

Two Thousand Five

Thomas C. Hawes, M.D. '05, is in the Class of 2008 of Harvard Business School's MBA program.

Sonia Figueroa Rosario, M.D. '05, is a pediatric resident at St. Luke's Memorial Hospital in Ponce, Puerto Rico.

Two Thousand Three

Asaf Savir, M.D. '03, finished his residency in internal medicine in June 2006 at Massachusetts General Hospital and is an instructor of medicine at Harvard Medical School/ Massachusetts General Hospital.

Two Thousand Two

David E. White, M.S. '02, is doing an internship for commercial training and development at Genentech, Inc., in South San Francisco.

The Nineties

Andrew A. Makrides, M.D. '99, completed his medical internship at Winthrop University Hospital in Mineola, N.Y., and is now a partner with Suffolk Anesthesiology Associates. He also serves as secretary and treasurer of the Suffolk County Society of Anesthesiologists. He is married to Lisa D. Makrides, M.D., and they have four children, Andrew, 7, Alexander, 4, Austin, almost 2, and Athena, 1.

Fareed Ramzi Asfour, M.D. '98, completed a fellowship in infectious diseases at UC San Diego, then went to work in South Africa for Columbia University and in Geneva for the World Health Organization. Dr. Asfour has joined a private practice in San Francisco and is doing some consulting work for WHO. "I would love to hear from any of my classmates or other alums in the San Francisco area."

Rodney S. Gonzalez, M.D. '98, is on the teaching staff at the Martin Army Community Hospital-Family Medicine Residency Program in Fort Benning, Ga., where he is director of sports medicine.

Nicole R. Jensen, M.P.H. '98, is a physical therapist at Stanford Hospital in San Jose, Calif. She is also mother to one toddler, Isabella, and expecting twins in early summer.

Rona Fromowitz Heublum, M.D. '97, having divorced from David, is still living and working in Orange County, N.Y. "Ariella, 6, and JP, 2, are wonderful and my med-ped practice at Crystal Run Healthcare is as busy as ever!"

Julie Lynn Kolakowski, M.D. '97, married William Sweeney on May 6, 2006. Dr. Kolakowski is a pediatric resident at Maria Fareri Children's Hospital in Valhalla, N.Y.

James L. Januzzi, Jr., M.D. '94, is associate professor of medicine at Massachusetts General Hospital in Boston. Dr. Januzzi recently was named director of one coronary care unit. He also has an active clinical and research career and recently became the team cardiologist to the Boston Red Sox.

David Millward, M.D., M.P.H. '93, has received a master's degree in economics from the University of Buffalo. Dr. Millward is retired from the full time practice of psychiatry and is living in Williamsville, N.Y., and Vero Beach, Fla.

Tamara J. Hoover, M.D. '90, stepped down three years ago from the hectic, round-the-clock ER for health reasons and to raise her son Chris, who recently started kindergarten. Dr. Hoover is now practicing urgent care part time. She is also a nine-year stage 3A breast cancer survivor "who has the time and energy to enjoy gorgeous San Diego! Come visit!"

Yolandra Johnson, M.D. '90, and husband Kenneth welcomed their first child, Kenneth Johnson III, on November 19, 2005.

Renee Kohanski, M.D. '90, a psychiatrist and married to **Phillip Kohanski, M.D. '87,** reports that she is now a "podjockey" whose podcasting files can be downloaded at podjockey.com.

Stephen D. Ryan, M.D. '90, recently took a position as regional medical director for Evercare in upstate New York, to help improve care for frail seniors in nursing homes across the state. He works with a team of nurse practitioners to help them identify acute illness early on in order to avoid frequent transfers to the hospital. Dr. Ryan continues to practice in long-term care and sees patients for consultations.

Gabrielle Shapiro, M.D. '90, is associate professor in psychiatry at the University of California, San Diego but planning to relocate to New York City soon.

The Eighties

David A. Neumeyer, M.D. '89, has been appointed to dean of admissions at Tufts University School of Medicine. He is also an assistant clinical professor of medicine at Tufts and a clinical instructor in medicine at Harvard Medical School. He serves as vice president of the Massa - chusetts Thoracic Society.

Sandra Squires-Stoll, M.D. '88, is medical director for the center for mental health at Newton Memorial Hospital and the proud mother of 6-year-old Hayley Aislinn Rose Stoll.

James E. Cremins, M.D. '87, hopes to hear from other members from the Class of 1987, perhaps for a get together around graduation.

Peter Bentivegna, M.D. '85, "This year's Cape Cod reunion… best ever! See you next year."

(continued on page 33)

Abigail Brenner, M.D. '77

(continued from page 30)

couch and say, 'Take this anxiety away,' as if that were the problem rather than the symptom," she said. She knows drugs can help some people in times of crisis but prefers to teach them how to make their way through difficult times. "I think it's important that people learn to sit with themselves," she said. "You have to learn how to tolerate discomfort and how to develop coping skills to get through things in life."

Through her research Dr. Brenner found that using rituals to observe major milestones distinguished resilient from non-resilient women. "We need something to help us translate things that happen to us," she said. While most cultures have rituals for helping people mark birth, coming of age, marriage and death, it is men who have dictated many of the traditional rituals that regulate the lives of women, Dr. Brenner said. "Ethnographic studies have shown that there appears to be a universal structuring mechanism built into the human psyche that seems to want to tell us where we've been and where we're going," she explained. "The loss of a vibrant culture of rites of passage for all of us may explain why people today so often feel adrift, really disconnected from themselves." Yet, she believes that marking significant milestones and transitions may not require formal rituals and ceremony, but may be as subtle as an "aha moment," an awareness that something significant has occurred.

With her book published, Dr. Brenner plans to do more writing and maintain her part-time practice. She also has been turning her attention to hands-on and other modalities of healing, largely because for her, the clinical and the spiritual are one in the same. "I've always been interested in the whole person," she said. ♦

MILESTONES

Hollis G. Potter, M.D. '85, has been nominated for membership in the Hip Society. Dr. Potter, chief of the division of Magnetic Resonance Imaging in the department of radiology and imaging at Hospital for Special Surgery, is the first radiologist to be named to the organization and is also its first female member.

Adria Burrows, M.D. '84, practices ophthalmology and has two offices in Manhattan and two in Brooklyn. Dr. Burrows is married and the mother of two boys, ages 10 and 13.

Mark J. Cerbone, M.D. '84, finished a leave of absence in January 2007, during which he worked in Iraq assisting in the psychiatric management of post traumatic stress disorders and brief reactive psychoses occurring in battle. He has now resumed his position as director of emergency psychiatry at Saint Francis Hospital in Poughkeepsie, N.Y. In June 2006, Dr. Cerbone celebrated a reunion with classmates **Mario F. Tagliagambe, M.D. '84,** and **Kevin C. Delahanty, M.D. '84,** by watching every episode of "The Mary Tyler Moore Show" in order, without interruption, stopping only for bathroom breaks, "which have become ever more frequent at our advancing age." The trio vowed to celebrate their next reunion by watching every episode of "The Bob Newhart Show" in reverse order.

Joseph S. Cervia, M.D. '84, continues to care for patients with HIV and other infectious diseases in the North Shore/LIJ Health System on Long Island. Dr. Cervia also maintains an active role in teaching and research as clinical professor of medicine and pediatrics at Albert Einstein College of Medicine.

John Cosgrove, M.D. '83, and **Patricia Barry, M.D. '83,** practice surgery and radiology, respectively, in Manhasset, N.Y. Son, John Jr., is a senior at Harvard University. Daughter Susan is a junior pre-med at New York University. And son, Patrick, is a sophomore at Chamiade High School.

Stephen C. Dapson, Ph.D., M.S. '83, is a senior pharmacologist in the health effects division of the U.S. Environmental Protection Agency's Office of Pesticide Programs. Dr. Dapson is a team leader for the toxicology team, and also for the developmental and reproductive toxicity standard evaluation procedure team.

Andrew J. Faber, M.D. '83, serves as site director for EmCare Hospitalist Services at Faxton St. Luke's Healthcare in Utica, N.Y.

E. William McGrath Jr., M.D. '83, and wife Ann are raising four children, ages 13, 16, 18 and 22, in Fernandina Beach, Fla. Ann is a certified midwife and Dr. McGrath is chief of ob/gyn at Baptist Medical Center, Nassau.

Brian K. Solow, M.D. '82, is practicing family medicine in Irvine, Calif. and teaching medical students. Dr. Solow's daughter attends UCLA and his son is in high school.

Kenneth Kushner, M.D. '81, writes, "The 25-year reunion at the Waldorf last May was great!"

Jill S. Hirsch, M.D. '80, writes that daughters, Allison and Jessica, graduated from Columbia in May and are now pursuing doctorates in organic chemistry at the University of California, Berkeley. Youngest daughter, Larissa, is a sophomore at Drew University in New Jersey.

Lidia Pousada, M.D. '80, was the keynote speaker at an awards ceremony at the Sophie Davis School of Biomedical Education at City College of New York. Her speech gave a historical retrospective of the school's growth since its inception in 1973 and honored the 2006 Pope Scholars.

Raffaela Russo, M.D. '80, reports that son, Christopher Skeehan, is in his first year at New York Medical College.

Sarina D. Stefano, M.D. '80, has been practicing ob/gyn in Tarrytown, N.Y. for 21 years and is the mother of four.

The Seventies

Jack DiPalma, M.D. '78, completed his tenure as president of The American College of Gastroenterology, representing more than 9,500 gastroenterologists. Dr. DiPalma is professor of medicine and director of the division of gastroenterology at the University of South Alabama College of Medicine in Mobile.

Douglas A. Byrnes, M.D. '77, is secretary/treasurer of the Huntington Hospital medical staff, clinical assistant professor of medicine at the SUNY Stony Brook School of Medicine, and director of "Introduction to Clinical Medicine" for medical students at Huntington Hospital.

Scott Cutler, M.D. '77, announces that daughter Beth, Class of 2006, is a first-year surgical resident at St. Luke's-Roosevelt Hospital in New York City.

Alan Kalischer, M.D. '77, has a private cardiology practice with offices in Westfield and Fanwood, N.J.

William McGann, M.D. '77, is director of the San Francisco Orthopaedic Residency Training Program at St. Mary's Hospital Medical Center in San Francisco.

Jon Owen Marks, M.D. '76, is CEO of Allied Urological Services, LLD, a 300-member single specialty consortium, which operates ambulatory surgery centers and provides mobile lithotripsy and prostate treatment equipment to hospitals throughout the New York tri-state area. Dr. Marks continues a part-time urologic practice in his Greenwich Village office.

Mary Alice O'Dowd, M.D. '76, was honored by the Society for Liaison Psychiatry for outstanding contributions to the field. Dr. O'Dowd has one grandson, 3-year-old Ace Jackson Fernandez.

Graham Whitfield, M.D. '76, is in full-time clinical practice in West Palm Beach, Fla., and was recently re-appointed as a clinical assistant professor of surgery (orthopaedics) at Nova-Southeastern University College of Osteopathic Medicine in Fort Lauderdale, Fla.

Catherine Dunn, M.D. '75, has finished 19 years at a local community mental health center to do locum tenens work in psychiatry, primarily in Alaska and Washington.

Jeffrey P. Nadler, M.D. '75, is assistant director of the therapeutics research program in the division of AIDS at the National Institutes of Health in Bethesda, Md.

Alan Sacerdote, M.D. '74, celebrates the second edition of his book, *Hope & Destiny: the Patient's and Parent's Guide to Sickle Cell Disease and Sickle Cell Trait.* Dr. Sacerdote reports that son, Derek, is in his ninth year of teaching high school earth science and environmental science, while daughter, Allison, has completed her Ph.D. candidate exam in restoration ecology.

Steven Weinstock, M.D. '74, is proud to announce his completion last August of the two-mile Hermosa-to-Manhattan Beach, pier-to-pier rough water swim in one hour, 10 minutes.

Lennart C. Belok, M.D. '73, practices neurology in New York City and lives in Ridgefield, Conn., with wife Ellen and sons Bryan, Todd and Gavin.

Steward Krug, M.D. '72, is associate professor of ophthalmology at the University of Cincinnati College of Medicine and practicing retinal surgery in Cincinnati.

Barry Reisberg, M.D. '72, designed and directed a clinical trial that resulted in the approval of the first medication for advanced dementia. In 2006, the U.S. Food and Drug Administration approved the second medication for advanced Alzheimer's disease, based on worldwide trials employing Dr. Reisberg's staging procedure.

(continued on next page)

MILESTONES

(continued from page 33)

David A. Lazovitz, M.D., '71, writes that he was diagnosed with multiple myeloma in December 2005, responded to medication and was in remission by February. He had a stem cell transplant in September 2006 and is doing well. Dr. Lazovitz returned to work in Nov. 2006 to the Pediatric Association of Atlantic County. "I am enjoying my patients again in the private pediatric practice."

Charles L. Barrett, M.D. '70, is completing his 32nd year in private practice and "the end is in sight." He is establishing a laborist program at a hospital and will administer and work some limited shifts. Dr. Barrett attended the birth of his fifth grandchild on the day after Christmas, and his youngest child will finish college this spring.

Joseph S. Vetrano, M.D. '70, is still active in the practice of psychiatry in New Jersey. He is the chairman of psychiatry at Riverview Medical Center and medical director at Booker Behavioral Health Center, part of Meridian Behavioral Health Services. He is also the proud grandfather of Nicholas Joseph Wolf, who was born on December 22, 2005.

The Sixties

Richard Hirsh, M.D. '69, recently returned from Beijing, China, where, in cooperation with Peking University and his nonprofit organization, Radiology Mammography International, organized a conference on breast cancer. When not traveling, Dr. Hirsh practices and he lives in Akron, Ohio.

Patrick M.J. Hutton, M.D., '69, was installed as president of the Florida Medical Association, representing more than 16,000 physician members, in September 2006.

Michael Brody, M.D. '66, reports that his younger son, Jonathan, is chief of the pancreatic cancer research center at Jefferson Medical College in Philadelphia.

Muriel Gold Morris, M.D. '66, is practicing psychiatry and teaches psychosomatic pathology at the New York Psychoanalytic Institute. One of her sons is a forensic psychiatrist, the other a dentist and she has four grandchildren.

Alan J. Ostrowe, M.D. '66, currently is serving his third term as ex officio member of the Louisiana State Board of Nursing.

Lawrence S. Schechter, M.D. '66, is an attending radiologist and director of nuclear medicine at the New York Hospital in Queens. Dr. Schechter lives in Manhattan with wife Doris and has two sons: Todd is 26 and works in television production in New York, and Scott, 20 is a sophomore at Boston University majoring in economics.

Howard D. Cantwell, M.D. '65, is in his sixth year of teaching "Introduction to Clinical Medicine" to second-year medical students at the Keck School of Medicine at the University of Southern California, with a heavy emphasis on orthopaedics ("get 'em while they're young!").

Ronald B. Rudlin, M.D. '64, writes from Palm Desert, Calif., "Cherish yesterday, dream tomorrow, but live for today."

Robert A. Bennett, M.D. '62, is retired from the practice of gastroenterology and recently moved from San Diego to a condominium in Coronado (across San Diego Bay). Dr. Bennett has three grown children and five grandchildren. He travels, enjoys theater and has taken up drawing and painting.

Robert D. Hirsch, M.D. '61, is planning to retire from gynecologic practice in July and "seek life after medicine." Most immediately, Dr. Hirsch plans to divide his time between Fort Lee, N.J. and Sarasota, Fla. and travel with wife Delsa.

Frederick Humeston, M.D. '61, is still in private solo pediatric practice in the San Francisco Bay area. He works four days a week and enjoys travel, theater, gardening and his seven grandchildren.

Harvey A. Reback, M.D. '61, is still in active practice in a four-man internal medicine group in Fall River, Mass.

Edwin S. Stempler, M.D. '61, is practicing part time, focusing on office orthopaedics and osteoporosis in his office in the Palm Springs, Calif. area, where he also lives.

Carl M. Marchetti, M.D. '60, has stepped down after 26 years as senior vice president of medical affairs at Jersey Shore University Medical Center but is continuing as president of the Meridian Practice Institute in Neptune, N.J.

Gregory C. Moore, M.D. '60, and his wife Sunok Hong, M.D., are both retired.

Rafael E. Perez, M.D. '60, would love to hear from his classmates and hopes to get in touch with **John Charles Duffy, M.D. '60**.

Ira L. Raff, M.D. '60, has been on staff at Danbury Hospital for 36 years and is planning to move to Florida, where he is looking to continue practicing urology.

The Fifties

Andrew J. Dadagian, M.D. '59, is semi-retired from the practice of otolaryngology, is married and has 10 grandchildren.

Richard B. Knapp, M.D. '59, was professor and chairman of the department of anesthesiology at West Virginia University School of Medicine from 1974 to 1984. From 1978 to 1992, Dr. Knapp was founder and director of the Barbuda Volunteer Medical Program in Barbuda, West Indies.

Lewis A. Dalburg, Jr., M.D. '58, is living in Orleans, Mass., and looking forward to the 2008 reunion.

John Lynch, M.D. '58, is semi-retired "but working harder." On March 4, 2006, Dr. Lynch married Ellen Loughran, Ph.D., professor of French and Latin at Gallaudet University. He has five married children and 13 grandchildren.

William C. Mulford, M.D. '58, although retired, is "still upright and looking forward to the reunion in '08." Son, William II, was elected circuit court judge in Annapolis, Md; son, Thomas, is practicing anesthesiology in Asheville, N.C.; son, David, is a surgical rep in Annapolis; and daughter, Mary, is an AHA executive in Chicago. Dr. Mulford reports that he has seven grandchildren and is "working on eight."

Mark F. Anapoell, M.D. '57, is still practicing surgery in San Dimas, Calif. Dr. Anapoell has 11 grandchildren and is looking forward to the 2007 reunion.

Joan Gay Easton, M.D. '57, is looking forward to the reunion for the Class of 1957.

Albert L. Huber, M.D. '57, is practicing three days a week in Charlottesville, Va., where he has been an allergist for more than 35 years. "A huge vegetable garden and 50 acres keep us busy the other four days."

Thomas P. Mathews, M.D. '57, an anesthesiologist, teaches part time at the Mt. Zion UCSF Comprehensive Cancer Center at the University of California, San Francisco.

The Forties

Felix Wimpfheimer, M.D. '45, is practicing medicine and endocrinology in the Riverdale section of the Bronx and is an associate professor at the College of Physicians and Surgeons of Columbia University and at the Albert Einstein College of Medicine of Yeshiva University. Dr. Wimpfheimer is also an attending physician at Montefiore Medical Center and New York-Presbyterian Hospital. In 2003 he received the Ralph O. Claypoole, Sr. Memorial Award for Devotion of a Career in Internal Medicine to the Care of Patients by the American College of Physicians. Dr. Wimpfheimer is married, the father of two and grandfather of three. *(Ed. Note: We incorrectly reported news about Dr. Wimpfheimer in the last issue of Chironian. Our apologies for the confusion.)*

Fadel S. Alyaqoub, Ph.D., M.S., '00

(continued from page 29)

their wedding, which he notes took place during the 1998 World Cup soccer tournament in France. They had their first son, Mohammed, in Valhalla during a big snow storm that hit the northeast in January of 2000.

After graduating from the Graduate School of Basic Medical Sciences in 2000, he went to the Medical University of Ohio to continue his research in tumor immunology. "Unfortunately, the guy who interviewed me moved to the University of Michigan as soon as I arrived, so I had to change my research focus," he says. He was quickly accepted into the research group of Michael Pereira, Ph.D., who was studying cancer chemoprevention. Dr. Pereira moved to Ohio State University in 2003, but maintained two labs at the Medical University of Ohio, allowing Dr. Alyaqoub to continue the research, communicating via e-mail and telephone.

Eventually, funding the research became difficult while Dr. Alyaqoub was doing his postdoctorate fellowship in the biochemistry and cancer biology departments at the Medical University. At the same time, his family was growing; Ali, now 5, and Fatimah, 4, were both born in Ohio.

Before he moved back to Saudi Arabia in 2005, Dr. Alyaqoub took his children to visit the campus in Valhalla during the Thanksgiving holiday. Just as Tarout Island has always been significant to him, Valhalla and the United States will forever be meaningful to his children. "The United States is their birth place. It means a lot to them," he says.

As for Dr. Alyaqoub, he is looking forward to the day the new oncology center opens at Saad Specialist Hospital's campus and he can apply his education and training in molecular oncology. And maybe by then, there will be an easier way to reach Tarout Island—by bridge or ferry—that will allow him to live there, where his roots are, instead of only visiting on weekends. ♦

Calendar of Events

Founder's Dinner

Saturday, October 13, 2007

Glen Island Harbour Club
New Rochelle, N.Y.

For additional information, please call (914) 594-4593.

In Memoriam

David J. Levin, M.D. '26, died 5/16/2006 in Pompano Beach, Fla. He was 101.

Roland D. Roecker, M.D. '36, died 4/11/2006 in Toms River, N.J. He was 94.

Felix A. Pappalardi, M.D. '37, died 6/14/2006 in Palm Coast, Fla. He was 95.

Joseph P. Catania, M.D. '39, died 5/7/2006 in Stroudsberg, Pa. He was 92.

Edwin J. Quinn, M.D. '42, died 1/30/2007 in North Bend, Ore. He was 92.

Joseph M. Bove, M.D. '43, died 11/17/2006 in West Palm Beach, Fla. He was 89.

Harold M. Gordon, M.D. '43, died 2/14/2007. He was 89.

Joseph A. Manganaro, M.D. '43, died 3/29/2006 in Atlantic Beach, N.Y. He was 88.

Charles F. Naegele, M.D. '45, died 3/4/2007 in San Jose, Calif. He was 86.

George E. Paley, M.D. '45, died 1/27/2007 in Briarcliff Manor, N,Y. He was 85.

Thomas F. Schimpf, M.D. '45, died 3/2/2006 in Phoenix, Ariz. He was 84.

William B. Deyo, M.D. '46, died 9/4/2006 in Ridgewood, N.J. He was 83.

Carver V. Livingston, M.D. '47, died 10/12/2006 in Cave Creek, Ariz. He was 83.

Raymond O. Swann, M.D. '47, died 5/3/2006.

Martin E. Silverstein, M.D. '48, died 2/10/2006 in Tucson, Ariz. He was 83.

William F. Bauer, Jr., M.D. '50, died 10/11/2006 in Haddam, Conn. He was 86.

Fred E. Eggers, M.D. '51, died 6/9/2006 in Brick, N.J. He was 81.

Seymour Schlussel, M.D. '51, died 2/18/2007. He was 78.

George D. Vlahides, M.D. '51, died 9/19/2006 in Schenectady, N.Y. He was 81.

Robert P. Bowen, M.D. '52, died 5/31/2006. He was 86.

Stanley Butler, M.D. '52, died 3/9/2006 in Lakewood, Calif. He was 79.

Daniel W. Doctor, M.D. '52, died 1/10/2007 in Palm Beach, Fla. He was 79.

Francis P. Montalbano, M.D. '53, died 7/30/2006 in Coronado, Calif. He was 78.

John J. Geary, M.D. '54, died 10/8/2006 in Hyattsville, Md. He was 80.

John M. Davis, M.D. '55, died 1/28/2006 in Newark, N.Y. He was 77.

Ernest G. Elliott, M.D. '55, died 8/26/2006 in Rome, N.Y. He was 77.

Frederick Wuest, M.D. '56, died 8/16/2006. He was 76.

Thomas J. Ryan, M.D. '56, died 6/14/2006 in Jefferson City, Mo. He was 75.

Richard L. Brent, M.D. '57, died 7/5/2006 in Niantic, Conn. He was 74.

Fred D. Hagerty, M.D. '58, died 1/26/2007 in York, Pa. He was 79.

Jared Kniffen, M.D. '58, died 6/25/2006 in Gainesville, Fla. He was 73.

Charles H. Bechert, II, M.D. '59, died 7/15/2006 in Fort Lauderdale, Fla. He was 74.

Harold A. Engelke, M.D. '59, died 1/4/2007 in Mystic, Conn. He was 72.

Phillip P. McGovern, M.D.'59, died 10/20/2006 in Winchester, Mass. He was 72.

Peter Haritatos, M.D. '61, died 4/24/2006 in Rome, N.Y. He was 71.

Joseph A. Kennedy, M.D. '61, died 9/30/2006 in West Islip, N.Y. He was 80.

Michael J. O'Connell, M.D. '61, died 12/27/2006. He was 71.

Theodore S. Mathews, Sr., M.D. '65, died 6/28/2006 in Williamsburg, Va. He was 76.

Daniel L. Schweitzer, M.D. '66, died 3/14/2007 in Scarsdale, N.Y.

Edward I. Feil, M.D. '67, died 4/16/2006 in Santa Fe, N. Mex. He was 64.

Nicholas J. Daniello, M.D., '74, died 12/12/2006. He was 58.

Simon J. Pinhas, M.D. '76, died 4/6/2006. He was 56.

Frederick T. Zugibe, M.D. '78, died 11/20/2006 in Newark, N.J. He was 54.

Douglas J. Love, M.D. '80, died 4/30/2006 in Fort Lauderdale, Fla. He was 50.

Charles Liebson, M.D. '87, died 6/8/2006. He was 52.

Faculty

Richard E. Brotman, Ph.D., clinical professor of psychiatry and behavioral sciences and director of the Center for Comprehensive Health Practice in Manhattan, died in October, 2006.

Robert F. Gomprecht, M.D., clinical professor of medicine, died December 17, 2006. He was 82. He served as director of medicine and chief of cardiology at Misericordia (Our Lady of Mercy) Medical Center from 1961 to 1981.

Richard D. Levere, M.D., former professor and chairman of the Department of Medicine (1977-1993), died April 23, 2007. He was 75.

James A. Levy, M.D., a cardiologist and member of the New York Medical College faculty for more than 30 years, died October 16, 2006 at the age of 73. Dr. Levy was chief of cardiology at United Hospital in Port Chester for more than 10 years and director of non-invasive cardiology at Westchester Medical Center, where he had worked since 1957.

James R. Jones, M.D., professor emeritus and former chairman of the Department of Obstetrics and Gynecology from 1987 to 2000, died in February 2007.

Seymour Schlussel, M.D., professor emeritus in the Department of Obstetrics and Gynecology, died February 17, 2007. He was a member of the faculty since 1956.

Oleh S. Sochan, M.D., Ph.D., clinical professor of pathology from 1978 to 1990, died October 17, 2006. He was 84.

Francis P. Tally, clinical professor of medicine from 1989 to 1996, died October 1, 2006, in Boston. He was 66.

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