

V E R M O N T

VOL. 50, ISSUE 2 • 2013

# medicine

UNIVERSITY OF VERMONT COLLEGE OF MEDICINE

## PROBING THE MYSTERIES OF TRAUMA

**Kalev Freeman, M.D., Ph.D.,**  
uses the Emergency Department  
as a living laboratory

Kalev Freeman, M.D.  
Emergency Ser.

### ALSO FEATURED:

- ▶ *Vermont Medicine* Hits a Half-Century
- ▶ A Tale of Two Neuroscientists

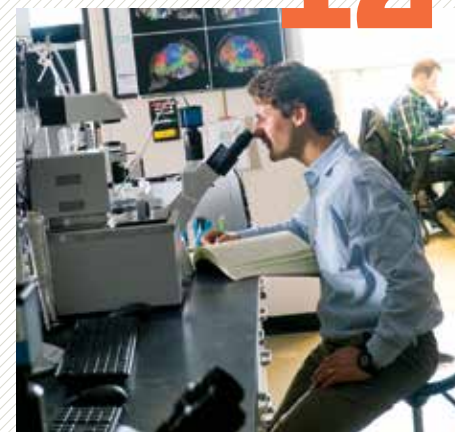


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The Medical Education Center renamed, trauma education put to the test in Boston, a new migraine gene discovered, graduates have their day, and more.

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## Probing the Mysteries of Trauma

Born in an instant of unplanned, violent stress, trauma demands immediate action and is inherently difficult to research. Through innovative data-gathering systems, one trauma physiologist at UVM turns the Emergency Department into a living laboratory.

By Josh Brown

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## A 50-Year Record

Few medical schools, if any, can claim a magazine with a 50 year pedigree. As *Vermont Medicine* hits the half-century mark, we look back fondly over the five-decade chronicle of the life of the College of Medicine.

By Edward Neuert

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## A Tale of Two Neuroscientists

A deep personal friendship and shared interest in neuroscience led two longstanding chairs through two decades of collaboration, and the merger of their two departments.

By Jennifer Nachbur

## MEDICAL IRA ALLEN SOCIETY History in the making

The Medical Ira Allen Society has a long history, beginning with the Century Club, initiated by medical alumni in the late 1950s. For more than three decades the College of Medicine has recognized hundreds of donors each year. These benefactors have been the mainstay of philanthropy, and their gifts have greatly impacted students, faculty, and research. Just as UVM founder Ira Allen shaped UVM's earliest legacies, today's Medical Ira Allen Society members continue to mold the College of Medicine.

The Ira Allen Society at UVM, and the Medical Ira Allen Society at the College of Medicine, recognize annual gifts of \$2,500 and lifetime giving of \$100,000 or more, with special recognition for donors of \$1 million.



Read more about the Medical Ira Allen Society at [uvmfoundation.org/Iraallen](http://uvmfoundation.org/Iraallen) or call the College of Medicine Development and Alumni Relations office at (802) 656-4014.

MEDICAL IRA ALLEN SOCIETY

### WebXtras in this issue:

- View the College's Commencement Ceremony
- A large selection of articles and photos from the last 50 years of *Hall A* and *Vermont Medicine*, including:
  - ▶ The 1965 construction of the Given Building
  - ▶ The rising numbers of women medical students in the 60s and 70s
  - ▶ The "new" curriculum of 1967 and the development of the Vermont Integrated Curriculum in 1999
  - ▶ Early computer use in the 1970s and the dawn of the World Wide Web in the 90s

Go to: [uvm.edu/medicine/vtmedicine](http://uvm.edu/medicine/vtmedicine)



**ON THE COVER:** Assistant Professor of Surgery and Pharmacology Kalev Freeman, M.D., Ph.D., in his laboratory in the Given Building. Photograph by Mario Morgado.

[f](#) [t](#) The College of Medicine is now on Facebook and Twitter. Check in to see what's happening today!

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## FROM THE DEAN

As spring began its turn to summer, we graduated 106 new physicians and two-dozen Ph.D. recipients at this year's commencement. Those graduates fanned out across the country, with a good number staying a part of our academic medical center community, and many more going to residencies and post-doctoral programs at the

most prestigious institutions across the country.

Soon after graduation comes Medical Reunion, a wonderful time to see the results of commencements past, when successful graduates return to share with us and their fellow alumni all the news of their busy lives and their accomplishments. This was my first "repeat" reunion — that is, I've now been dean of the College long enough to be seeing classes return a second time. With each year, the feeling for how much our alumni value their medical alma mater deepens.

This issue of *Vermont Medicine* offers a special window into the College of Medicine. Few medical schools can claim to have a magazine whose history stretches back five decades. We are fortunate that, five decades ago, John Mazuzan, M.D.'54, one of our most committed alumni, was tapped to found this publication, then called *Hall A*. In these pages, and in the related material on our web site, you can see the depth of our history and the unchanging nature of our commitment to the missions of this College. And if that 50-year view isn't enough, the story of former chairs Rodney Parsons, Ph.D., and Robert Hamill, M.D., and their quarter-century of collaboration and leadership underscores even more what a close-knit, supportive community we are a part of.

We must note two people who are among the many who help us achieve our missions. Robert Larner, M.D.'42 and his wife, Helen, have been the most steadfast donors this institution has ever seen. Their continuing generosity, which particularly benefits medical students and their education, is being recognized with the renaming of our Medical Education Center. We have an event planned for October 4, during UVM Homecoming and Family Weekend, and I hope that many of you will be able to join us then for the celebration.

Meanwhile, the work of researchers at the Vermont Cancer Center has gained important support from the generous contributions of Arthur Perelman, M.D.'52 and his extended family, which was commemorated with a special event on campus in June. These and all the other efforts of our alumni and friends help maintain the constant renewal and improvement of our school.

**Frederick C. Morin III, M.D.**

Dean, University of Vermont College of Medicine

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### Editor

Edward Neuert

**Assistant Dean for  
Communications & Planning**  
Carole Whitaker

### Contributing Writers

Jennifer Nachbur

Erin Post

Nina Shedd

### Assistant

Michelle Iasilli

### Art Director

Steve Wetherby, Wetherby Design

### Contributing Photographers

Raj Chawla, Jeff Clarke, Alec Jacobson,

Sally McCay, Mario Morgado

## University of Vermont College of Medicine

### Dean

Frederick C. Morin III, M.D.

**Senior Associate Dean for  
Medical Education**

William Jeffries, Ph.D.

**Senior Associate Dean  
for Research**

Ira Bernstein, M.D.'82

**Interim Senior Associate Dean  
for Clinical Affairs**

Howard Schapiro, M.D.'80

**Senior Associate Dean for  
Finance & Administration**

Brian L. Cote, M.B.A.

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**The University of Vermont**  
COLLEGE OF MEDICINE

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## COLLEGE NEWS

# Medical Education Center Named for Helen and Robert Larner, M.D.'42

The University of Vermont announced in May that the Medical Education Center at the College of Medicine will be named for alumnus and Burlington native **Robert Larner, M.D.'42**, and **Helen Larner**, in tribute to the couple's decades-long efforts to make medical education more affordable.

"The impact of the Larners' generosity on the College of Medicine and the physicians educated there is immeasurable," noted UVM President Tom Sullivan. "Their understanding and support of cutting edge medical education and the importance of access and affordability for medical students has impacted many, many lives. Moreover, their commitment to UVM and its students has sparked a continuous stream of philanthropy from others, including physicians who



**"The impact of the Larners' generosity on the College of Medicine and the physicians educated there is immeasurable."**

— UVM President Tom Sullivan



The Medical Education Center, above, will be renamed on October 4 for Helen and Robert Larner, M.D.'42, at left.

benefitted from the Larner Endowment when they were students. It is fitting that we honor Bob and Helen in a lasting way by naming this important educational building in recognition of their longstanding dedication to our University."

Dr. Larner and his wife, who live in California, have a long history of giving at the College. In 1985 with an initial gift of \$50,000, they established the Larner Endowment and Student Loan Fund. Now totaling over \$8 million in assets, the Fund has provided financial support to over 1,100 UVM medical students. It receives over 150 contributions annually, growing each year as recipients are inspired to give back themselves.

The Larners have also supported a number of medical education initiatives at UVM, including \$1 million to build an innovative Team-Based Learning Classroom, and \$300,000 to purchase five cardiopulmonary simulators for the UVM/Fletcher Allen Clinical Simulation Laboratory. The formal renaming of the Medical Education Center will take place on October 4.

## Lakoski's Research Finds Link Between Fitness & Cancer Risk in Men

A high level of cardiovascular fitness in middle age reduces men's risk of developing and dying from lung and colorectal cancer, two of the most common cancers affecting men, according to findings from a large, prospective 20-year study. Better fitness also reduces the risk of dying from, though not developing, prostate cancer.

Lead study author **Susan Lakoski, M.D.**, assistant professor of medicine, presented these findings at the American Society of Clinical Oncology (ASCO) Annual Meeting in Chicago, Ill., in June. Lakoski's research was also selected for

ASCO's official Press Program, a distinction accorded to less than one percent of abstracts from the annual meeting.

"While poor fitness is already known to predict future cardiovascular disease, this is the first study to explore fitness as a marker of future cancer risk prognosis," said Lakoski. "This finding makes it clear that patients should be advised that they need to achieve a certain fitness level, and not just be told that they need to exercise. And unlike exercise behavior, which relies on patient self-reporting, fitness can be objectively and accurately

measured in a clinical setting."

The study included more than 17,000 men who had a single cardiovascular fitness assessment at a mean age of 50 years. Study participants were divided into five groups according to their measured fitness performance. Researchers analyzed Medicare claims data to identify the participants who had developed lung, colorectal, or prostate cancer over a median follow-up period of 20–25 years. They found that the risk of being diagnosed with lung or colorectal cancer was reduced by 68 and 38 percent, respectively, in men who were



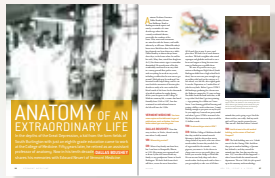
Susan Lakoski, M.D.

the most fit, relative to those who were the least fit. Fitness was not found to significantly impact prostate cancer risk.



## Letters on an Exceptional Teacher

Dallas Boushey built a very special record during his five decades teaching at the College of Medicine, so it comes as no surprise that the interview with Boushey in the last issue of *Vermont Medicine* brought forth an unprecedented level of response from alumni who studied with him during his years as an active faculty member, and during voluntary teaching stints in his retirement.



“Thank you so much for that fantastic piece on Dallas Boushey. We had always heard about his legendary story from Pat Powers and Bruce Fonda, but your piece was so comprehensive...a truly Vermont story of success and recognition. I've written a letter to Mr. Boushey to thank him for all he contributed to my education as a surgeon. His models were truly incredible and were crucial for my learning.”

— JoAn Monaco, M.D.'01

“I read with much interest and a little tear in my eyes the article about Dallas. I began medical school three weeks late, taking the place of someone who decided it was not for him. I don't have to tell you how difficult it was to catch up in all the courses. But I had a secret weapon for anatomy: Dallas Boushey. He and I spent quite a few one-on-one sessions over the cadaver. To this day, I know it was the one area where I actually got ahead of some of my classmates. Dallas deserves every honor that can be given to him. He has my thanks, respect and best wishes for good health.”

— Robert J. Hobbie, M.D.'65

“When I began anatomy, our group of four (all Vermonters) pulled out our cadaver. It was a woman who had been my aunt's long time renter in Bennington. I had known her since I was a little kid. I stepped back, surprised that she had even died, let alone donated her body. Dallas came over, smiled, and verified that indeed it was she. We all decided to defer her for another class. He was sensitive, understanding, compassionate — brilliant and humble. All of those attributes make him a remarkable educator and person.”

— Jim Betts, M.D.'73

## COLLEGE NEWS

### Training Helps Save Lives at Marathon Bombing

The email to Professor of Surgery John Fortune, M.D., arrived late in the evening of April 15. Its writer was fourth-year senior surgery major **Katie Shean**. “I am sure you have heard about the bombing that occurred at the Boston Marathon today,” Shean wrote. “I wanted to let you know that I was actually in a restaurant about 20 feet from the second explosion site. Instead of running away, I used what you taught me in ATLS and tried to help the victims.”

ATLS stands for Advanced Trauma Life Support, a senior-year course that every surgery major is required to take. Shean had completed her ATLS training three weeks prior to the marathon. “Part of ATLS was a section on mass trauma,” she recalled recently, “and I thought, when am I ever going to see mass casualties?”

On the afternoon of the marathon, Shean and some friends had tried to get an outdoor seat at the Forum restaurant on Boston's Boylston Street, the exact location where the second of two bombs that detonated that day had been placed. There were no seats available, so the group instead took indoor seats at another restaurant, Max Brenner, one storefront away from Forum and about a block from the race's finish line.

When the first bomb detonated down the street at 2:49 p.m., the crowd in Max Brenner's got suddenly quiet, but it wasn't clear at first what the noise meant. “I decided I would go see what was going on,” said Shean. She was just reaching the door to the sidewalk when the second bomb exploded. Crying, frantic people immediately began pushing into the restaurant to take cover. Shean fought against the tide and found her way outside. There she found puddles of blood, and several people whose lower limbs had been blown off. Looking down, she saw a severed foot sitting in the street.

She quickly collected belts and scarves from bystanders, and began placing tourniquets on victims and replacing tourniquets that had been improperly placed the first time. The ATLS course had included a scenario where students get to a bombing site and have to assess and treat very quickly five injured victims. Shean continued to do just this on Boylston Street, focusing on the victims who were in the worst shape. At least one of those victims was killed by the bomb. Many others survived with life-changing injuries.

“I just want to say thank you for teaching me how to handle a trauma,” Shean wrote in her email to Dr. Fortune several hours later, after she had left the site and driven away from Boston. “I did all I could and it allowed others to help those who could be saved.”

Shean began her residency in general surgery in July at St. Elizabeth's Medical Center in Boston. On May 14, at Senior Honors Night, she received the Pilcher Award, presented by Dr. Fortune.



Katie Shean, M.D.'13, right, receives the Pilcher Award from Professor of Surgery John Fortune, M.D.

Andy Duback

## Notables

### Schneider Appointed Director of Cardiovascular Research Institute

The College of Medicine announced the appointment in July of cardiologist and Professor of Medicine **David Schneider, M.D.**, as director of the Cardiovascular Research Institute (CVRI). Schneider, who is director of cardiology in the department of medicine and medical director of cardiology at Fletcher Allen Health Care, will succeed CVRI founding director Burton Sobel, M.D., who passed away this spring. Recruited to UVM/Fletcher Allen in 1994, Schneider's innovative discoveries have helped to better determine bleeding risks after invasive procedures and reduce the incidence of dangerous clotting. He has an active clinical practice and robust research program with

over 145 publications, editorials and book chapters, and holds three U.S. patents for his development of methods that address issues involving platelets — components of blood that assist with clotting. The CVRI, which was launched in 2002, engages nearly 30 investigators across 16 specialty sections, including cardiovascular imaging, coronary artery disease, diabetes and heart disease and interventional cardiology.



David Schneider, M.D.

### DeStigter Inducted as ACR Fellow



Kristen DeStigter, M.D.

Associate Professor of Radiology **Kristen DeStigter, M.D.**, was inducted as a fellow in the American College of Radiology (ACR) during the organization's Annual

Meeting and Chapter Leadership Conference in Washington, D.C. in May. Fellows demonstrate a history of service to the College, organized radiology, teaching, or research. Approximately 10 percent of ACR members achieve this distinction. DeStigter also serves as vice chair of radiology and is a radiologist at Fletcher Allen Health Care.

### Parsons Honored with ATS Distinguished Achievement Award

The American Thoracic Society (ATS) presented the 2013 Distinguished Achievement Award to E.L. Amidon Professor and Chair of Medicine **Polly Parsons, M.D.**, at the organization's annual meeting, held in Philadelphia, Pa., in May. The award is given to individuals who have made outstanding contributions to fighting respiratory disease through research, education, patient care, or advocacy. Parsons

joined UVM/Fletcher Allen in 2000 as director of pulmonary and critical care medicine, and chief of critical care services. She was appointed chair of medicine in 2006.



Polly Parsons, M.D.



UVM Med Photo, Mario Morgado, Alec Jacobson

## COLLEGE NEWS

### Cushman Appointed to AHA National Board of Directors

**Mary Cushman, M.D., M.Sc.**, professor of medicine and medical director of the Thrombosis and Hemostasis program at Fletcher Allen Health Care, was elected a member of the national Board of Directors of the American Heart Association (AHA), effective May 1, 2013. The AHA is the nation's oldest, largest voluntary organization devoted to fighting heart disease and stroke, and is second only to the federal government in money spent to fund cardiovascular and stroke research. A fellow of the AHA, Cushman is an international expert in the field of cardiovascular disease epidemiology. She has served in a number of national, regional and local leadership roles for the organization since first volunteering for the association in the 1990s, after receiving her first grant from the AHA in 1996.



Mary Cushman, M.D., M.Sc.

### Mawe Receives International GI Disorders Research Award

Professor of Neurological Sciences **Gary Mawe, Ph.D.**, was one of eight researchers honored at the 10th International Symposium on Functional Gastrointestinal Disorders held in Milwaukee, Wisc., in April. The International Foundation for Functional Gastrointestinal Disorders (IFFGD) gave Mawe the award in the Senior Basic Investigator category for his work in the area of chronic digestive disorders.



Gary Mawe, Ph.D.

### Former Governor Dean Speaks on Healthcare

Decreasing spending and improving health care quality and outcomes — the goal of the Accountable Care Organization model — were among the health care reform issues discussed by special guest speaker Governor Howard Dean when he spoke to an overflow crowd at the College of Medicine on the evening of April 25 as part of the Spring 2013 Community Medical School series. This free public lecture program is presented jointly during fall and spring semesters by the College and Fletcher Allen Health Care.

Former Governor Howard Dean, M.D., makes a point during his April 25 lecture.



## Another Clue Revealed for the Mystery of Migraine

A team co-led by **Robert E. Shapiro, M.D., Ph.D.**, professor of neurological sciences, has discovered a new gene for migraine, a disabling headache disorder that affects up to 60 million Americans each year. The study, published as the cover story in the May 1, 2013 edition of the journal *Science Translational Medicine*, prompted news coverage from National Public Radio, *USA Today*, CNN, and other outlets.

“Searching for genes is potentially a very productive angle to understanding what causes this brain state and therefore what might lead to potential therapies,” Shapiro said in an interview with the *Burlington Free Press* May 15.

While migraine often runs in families, only a handful of genes have so far been identified that confer some susceptibility to variants of the disease. Shapiro and colleagues initially identified a Vermont family with multiple members who experience migraine along with an unusual sleep/waking disorder called Advanced Sleep Phase Syndrome (ASPS). Researchers found a mutation in affected members of this family in a gene called casein kinase

1 delta (CK1δ). The group subsequently found a second family whose members also had ASPS along with migraine, and who also had a mutation in CK1δ, but one that was different from the mutation found in the Vermont family. The investigators created mice with the Vermont family’s CK1δ mutation which proved to have sleep/waking behaviors comparable to ASPS, as well as multiple behavioral and physiological changes strongly associated with migraine, including heightened sensitivity to touch and temperature.

Taken together, the studies of families with two different human CK1δ mutations and the observations of mice with one of these mutations, provide evidence that altered functioning of CK1δ can increase susceptibility to migraine. These findings open new lines of investigation towards an understanding of the causes of migraine and possible new therapies.



Professor of Neurological Sciences Robert Shapiro, M.D., Ph.D., has discovered a gene that is key to the development of migraine.

Shapiro, a neurologist at Fletcher Allen, is a national leader in the research and treatment of migraine. He founded the Alliance for Headache Disorders Advocacy, a consortium of 12 nonprofit organizations with particular concerns for headache disorders.

day to honor such a beautiful person. She wanted to make a real difference, and she knew that the Vermont Cancer Center was the place she could do that.”

Vermont Cancer Center Directors Claire Verschraegen, M.D., and Gary Stein, Ph.D., along with UVM College of Medicine Dean Frederick Morin and John Brumsted, President and CEO of Fletcher Allen Health Care, were at the celebratory event to offer thanks on behalf of their institutions and speak on the impact of the gift. In acknowledgement of the family’s gift and the legacy of Mrs. Perelman, a painting by Helen Shulman, the Perelmans’ niece, entitled “With a Following Wind,” and memorial plaque were unveiled in the Medical Education Center near the entrance to the Dana Medical Library.

## Arthur Perelman, M.D.’52 and Family Establish \$1 Million Fund for VCC

A 1952 alumnus of the College of Medicine and his family have established a \$1 million endowed fund at the university to support the work of the Vermont Cancer Center at UVM and Fletcher Allen Health Care.



Arthur Perelman, M.D.'52, at center, with family members and VCC administrators.

Arthur J. Perelman, M.D.’52, of Summit, N.J., sons Robert, Jon, and Carl and their families established the Charlotte E. Perelman Cancer Research Fund in honor of their late wife, mother and grandmother. Nearly fifty family members and friends were on campus June 22 to celebrate the gift and honor the late Mrs. Perelman.

Mrs. Perelman had a keen interest in the work of the Vermont Cancer Center and her husband’s alma mater. The Perelman family designated the fund to support a wide range of research, educational and advocacy activities.

“My family and I are delighted to make this gift to the Vermont Cancer Center in honor of our beloved Charlotte,” said Dr. Perelman. “This was our wish together, and I am so happy to share in this remarkable

## Research Notebook

### Study Probes Genetic Link to Estrogen Responsiveness, Potential Impact on Fertility

Research from **Emma Wall, Ph.D.**, postdoctoral associate in immunobiology, and **Cory Teuscher, Ph.D.**, professor of medicine and pathology, offers insight into the genetic pathways underlying responsiveness to estrogens and their potential role in fertility, postmenopausal bone loss, and sensitivity to environmental chemicals that disrupt the body’s endocrine system. The study, published online in *The FASEB Journal*

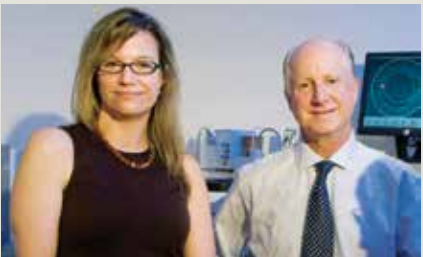
earlier this year, has implications for infertility treatment, and evaluation of risk for endometrial cancer. Findings may also help to inform environmental health policy.



Emma Wall, Ph.D.

### Higgins & Sigmon Co-Edit Journal Supplement Focused on Incentives & Health

**Stephen Higgins, Ph.D.**, professor of psychiatry and psychology, and **Stacey Sigmon, Ph.D.**, associate professor of psychiatry, served as co-editors and contributors for a special supplement to the journal *Preventive Medicine*, titled “Incentives and Health.” The supplement was focused on a model developed by Higgins that uses financial incentives to reward healthy behavior. Other UVM contributors to the supplement include Philip Ades, M.D.; Ira Bernstein, M.D.; Diann Gaalema, Ph.D.; Hugh Garavan, Ph.D.; Sarah Heil, Ph.D.; Evan Hermann, predoctoral fellow in psychiatry;



Stacey Sigmon, Ph.D. and Stephen Higgins, Ph.D.

Tara M. Higgins, first-year medical student; Mollie Patrick, predoctoral fellow in psychiatry; Laura Solomon, Ph.D.; and Karen Weierstall, research project assistant in psychiatry.

### Wood Research Examines History-Taking in Primary Care

**Marie Wood, M.D.**, professor of medicine, director of the Familial Cancer Program, and Vermont Cancer Center (VCC) member, delivered a talk on “QOPI Family History Study and Recommendations” at the American Society for Clinical Oncology (ASCO) Annual 2013 Meeting held in the first week of June in Chicago, Ill. Wood notes that family history of cancer is an integral part of screening guidelines to identify patients who are at high risk of colorectal or breast cancer and is among the referral criteria for genetic counseling and testing. However, many primary care and specialty physicians are “not very good” at actually documenting it in practice, Wood says. Wood and her colleagues used ASCO’s Quality Oncology Practice Initiative (QOPI®) to assess family history taking and referral for genetic counseling and testing among QOPI

participants. Their study concluded that although there were high rates of documentation for first-degree family history, there were low rates of documenting family member age at cancer diagnosis, which is “such an important feature for cancer diagnosis,” Wood notes. “I would argue that we can and should be doing better.” Patients referred for genetic testing receive counseling and discuss the results with appropriate documentation, the analysis revealed. However, rates of referral for both counseling and testing are low. “Referral rates must be higher, as this really does affect cancer care,” says Wood.



Marie Wood, M.D.

### Cipolla Identifies New Biomarker for Brain Injury during Preeclampsia

One of the three leading causes of maternal disease and death worldwide, preeclampsia can lead to kidney and cardiovascular damage, as well as seizures (called eclampsia) and brain injury. Research by **Marilyn Cipolla, Ph.D.**, professor of neurological sciences, and colleagues sheds light on a new biomarker for brain injury in early-onset preeclampsia (EPE) — oxidized low-density lipoproteins (LDL). Having a biomarker for those at risk for brain injury could impact treatment and prevention options as well as delivery decisions in women with preeclampsia. The study appeared in the March 2013 issue of *The FASEB Journal*.



Marilyn Cipolla, Ph.D.

### Tracy and Colleagues Find Increased Heart Attack Risk in HIV Infected Individuals

A study of more than 80,000 veterans by **Russell Tracy, Ph.D.**, professor of pathology and biochemistry, and colleagues, shows that increased heart disease risk may be an unexpected side effect of the potent combination antiretroviral therapy “cocktails” used to treat HIV. The paper Tracy coauthored, published in *JAMA Internal Medicine Online First*, analyzed data from veterans infected with HIV and those uninfected. Results showed that HIV infection is associated with a 50 percent higher risk of heart attack even after adjusting for recognized cardiovascular risk factors. Although the source of increased risk isn’t known with certainty, a different but related study demonstrated that chronic, well-controlled HIV infection is associated with a level of inflammation consistent with increased cardiovascular disease risk.



Russell Tracy, Ph.D.





## Student-run Literary and Arts Journal Publishes 2013 Issue

The College of Medicine's publication for the literary and visual arts, *The Red Wheelbarrow*, began its history in the 1990s, and has appeared periodically over the years. Now, a student-run initiative is seeking to continue that tradition on a more regular basis. The journal is named after physician-writer William Carlos Williams' famous 1923 poem. Williams, born in 1883, was one of the leading American poets of his generation, all while running a busy solo general practice for 40 years in Paterson, N.J.

Students **Matthew Lin '16** and **Nicholas Sinclair '16** headed up the effort, founding a student interest group with eight other volunteers. The 2013 issue of *The Red Wheelbarrow*, featuring work by students, faculty, staff, and alumni of the College, is available online at the website of the Office of Medical Student Education ([www.uvm.edu/medicine/mededucation](http://www.uvm.edu/medicine/mededucation)).



The latest issue of *The Red Wheelbarrow* contains poetry, prose, and visual art by members of the College community.

## STUDENT NOTES



### New Student Achievement Award Inaugurated

At the College of Medicine's annual Honors Night to recognize student achievement, held May 14, the College presented a new award: The Mildred A. Reardon, M.D. Award for service to the College of Medicine. **Mayo Fujii, M.D.'13** the inaugural winner, is a Vermont native who received an undergraduate degree in neuroscience from Middlebury College. She graduated in May and will complete her residency in General Surgery

at Fletcher Allen Health Care in Burlington. The award is named for Professor of Medicine Emerita Mildred A. "Mimi" Reardon, M.D.'67, who has for decades been a driving force in serving the health care needs of Vermonters.

### Neill Presents Project at Clinton Global Initiative University Conference

The Clinton Global Initiative University Conference attracts celebrities, political leaders, and social activists from around the world. This year, medical student **Luke Neill**, Class of 2016, was there with his childhood friend, Sam Meyer, to present text messaging software they are developing. Their HIPAA-compliant software program allows patients to enroll at the pharmacy and receive text messages that help them understand their medications and health implications. At this year's conference in St. Louis, Missouri, in April, their project was recognized as an exemplary approach to addressing a global public health challenge, and they met former President Bill Clinton and his daughter Chelsea.



### 155 Miles Later: Med Student Sets Record for Indoor Rowing

At about 12:30 p.m. on January 5, 2013, medical student **Cornelia Willis**, Class of 2016, started rowing on the machine in her apartment. She didn't stop until 1 p.m. the next day, breaking the world record for the longest continual row for her age group. She also broke the record for distance traveled in 24 hours as tracked by Concept 2, the manufacturer of her machine and

a standard-setter in the industry. The effort produced some awe-inspiring numbers: Willis burned over 12,000 calories. Her hands alone — pulling the "oars" on the rowing machine more than 30,000 times — travelled over 17 miles. In the end, she rowed 250,013 meters, or 155.35 miles, in 24 hours 31 minutes and 12 seconds. When Willis isn't on the rowing machine, she's on the water with the best women rowers from across the country. Last year she was a member of the U.S. National Team and will be trying out again. Her sights are set on the World Championships in South Korea in September, where she hopes to once again represent the U.S. in the lightweight women's quad.



## 3 QUESTIONS

### for Christa Zehle, M.D.'99

Associate Dean for Student Affairs and Associate Professor of Pediatrics at the UVM College of Medicine

*Dr. Zehle, an alumna of the UVM College of Medicine Class of 1999, joined UVM and Fletcher Allen Health Care in 2003 as assistant professor of pediatrics, and was promoted to associate professor in 2011. She successfully launched the Pediatric Hospitalist Program at Fletcher Allen, and continues to have a clinical role at Vermont Children's Hospital along with her responsibilities as Associate Dean. Inducted into the Alpha Omega Alpha Honor Medical Society in 2008, Zehle is a sought-after mentor by medical students and residents, and has received numerous awards for teaching. She has been honored twice by residents as Clinical Attending of the Year and was nominated for the award five more times, garnering runner-up honors in her first year at UVM/Fletcher Allen. Recently, she was also runner up for the Clinical Attending of the Year selected by medical students.*



Christa Zehle, M.D.'99

**VM:** What is the your main role as Associate Dean for Student Affairs?

**CZ:** My main duty is to ensure that we educate and train high-quality, excellent physicians. And I want to make sure that we're providing the support and resources so that the students' experience over the four-year curriculum is a really positive one. It's my team's responsibility to ensure academic success for each student, or to provide the resources that students need to be academically successful. Sometimes, not often, that doesn't work out — just because you get into medical school doesn't mean that you'll be able to meet all of the requirements and successfully graduate, so we also oversee the advancement committee, which determines if someone is demonstrating satisfactory academic progress, and plans for students who might be struggling. So my office is responsible for academics, providing support and resources to those students, and also overseeing the committee that reviews all students.

**VM:** After medical school, our graduates go on to residencies here in Vermont and across the nation. What role do you play in that next step?

**CZ:** The second important piece of my job is providing the support and resources for our students' applications to residency programs, and overall advising. All our students know that they want to be physicians, but settling on the type of physician you want to be can be a very difficult decision. Some people enjoy everything they encounter in the clinical settings, and that can make it really a hard choice. Some develop a strong liking for one particular pathway, but maybe it's a struggle for them to be competitive in that field. And some people will question whether they made the right decision. So career advising is really big part of what we do. I spend a lot of time meeting with students and doing individual advising, and I definitely enjoy that piece. I remember having a challenging decision when deciding that I wanted to be a pediatric hospitalist. I've always known I made the right decision, and I want to help our students get to that same place.

**VM:** How has having been a medical student here influenced your role?

**CZ:** I don't think it's necessary to have been a student here to succeed in this job, but I think it's been a very important factor for me. I had an excellent experience here as a student. I've valued that experience even more than my undergraduate years. I've always felt strongly about teaching and education, and to be able to return to my home state, and my home medical institution, to teach and to impart the lessons I've learned and the experiences I've had to today's students — well, there's nothing quite like helping to educate the next generation of physicians. Being able to do that at the institution where you've trained, for me, has an extra-special meaning. Many things have definitely changed since my student days, but the collaborative nature of the College of Medicine has stayed the same. Those who work in the College really value and respect education and are excited to be here teaching.

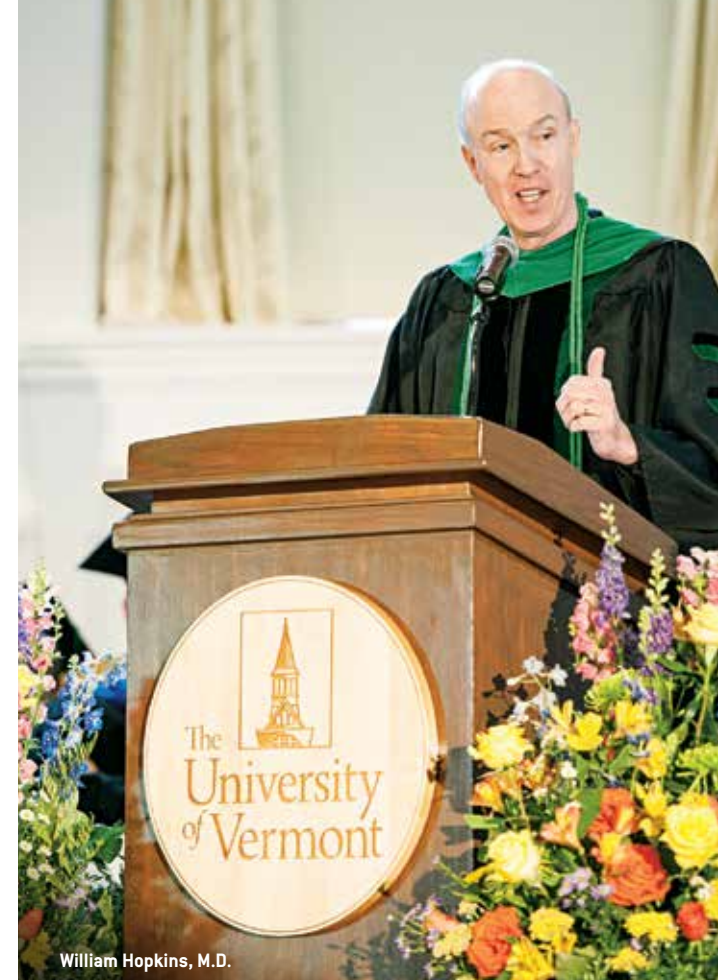




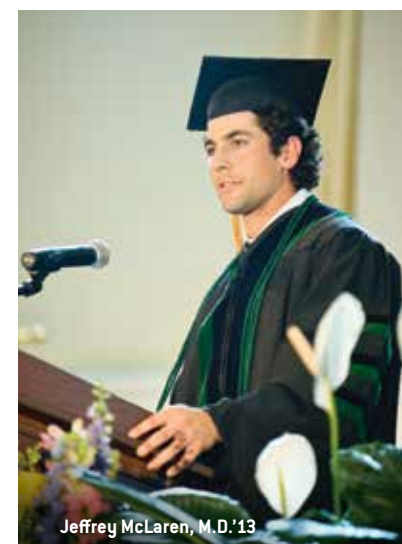
Class marshal Shetal Patel, M.D.'13



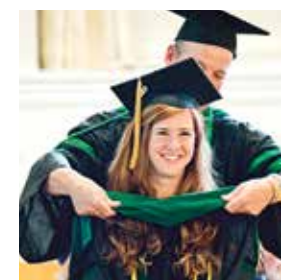
Madeleine Kunin and John Hennessy, Jr.



William Hopkins, M.D.



Jeffrey McLaren, M.D.'13



Andy Duback, Paul Reynolds, Sally McCay

## Tampas Receives Honorary UVM Degree



UVM President Thomas Sullivan, J.D., and John Tampas, M.D.'54

For half a century, **John Tampas, M.D.'54** has shown tireless dedication to the College of Medicine both as a professor of radiology and an active alumnus. At the university's main commencement ceremony on May 19, this dedication was recognized with an honorary Doctor of Science degree from the institution. In addition to his 1954 medical degree, Dr. Tampas received his bachelor of science from UVM in 1951. He joined the UVM faculty in 1962 and chaired the Department of Radiology from 1970 to 1996. Medical students twice named him UVM Teacher of the Year, and he has served for years on several alumni groups and as president and executive secretary for the Medical Alumni Association (MAA). In 1995, Dr. Tampas received the A. Bradley Soule Award, the MAA's highest honor for a medical alumnus. An endowed faculty position — the A. Bradley Soule, M.D.'28 and John P. Tampas, M.D.'54 Green & Gold Professor of Radiology — funded by the radiology faculty, recognizes the contributions of both men and their legacy at the College.

## Lyden Addresses New Ph.D. Graduates



David Lyden, M.D., Ph.D.'86

On Saturday, May 18, graduate students from across the University of Vermont received diplomas and hoods in the Graduate College Commencement Ceremony at the Patrick Gymnasium. Among them were graduates of programs affiliated with the College of Medicine in the areas of biochemistry, cell and molecular biology, microbiology and molecular genetics, pharmacology, molecular physiology and biophysics, clinical and translational science, and neuroscience. In total, 27 Ph.D. students from the College of Medicine were recognized at the ceremony. Another eight received a Master of Science degree.

**David Lyden, M.D., Ph.D.'86**, the Stavros S. Niarchos Chair and an associate professor of pediatrics and cell and developmental biology at Weill Cornell Medical College and a pediatric neuro-oncologist at Memorial Sloan-Kettering Cancer Center, was the guest speaker. Lyden was recognized last fall with the Distinguished Graduate Alumni Award from the UVM Medical Alumni Association.



View the 2013 Medical Commencement Ceremony online. The ceremony was streamed live, and you can watch a recording and see more photos of the event. Go to: [uvm.edu/medicine/vtmedicine](http://uvm.edu/medicine/vtmedicine)



# PROBING THE MYSTERIES OF + TRAUMA

Through innovative data-gathering systems,  
a UVM trauma physiologist turns the Emergency  
Department into a living laboratory.

by Josh Brown | photographs by Mario Morgado





“Dr. Freeman has been able to develop an outstanding research program for emergency medicine and trauma using a novel model of student research assistants.”

— Steven Leffler, M.D., UVM Professor of Surgery and Chief Medical Officer, Fletcher Allen Health Care

Helen White,\* a twenty-three-year-old skateboarder, grits her teeth and lets out a deep grunting moan. Her knuckles look like hamburger meat. She has black flakes of blood on her lower lip and around her nose, a curving laceration across her forehead, and two glistening gashes in her knee.

A white-and-orange cervical collar holds White's head still, but her eyes move back and forth as two EMTs in green jumpsuits wheel her into a room on the main floor of the Emergency Department of Fletcher Allen Health Care in Burlington.

Kalev Freeman, M.D., Ph.D., leans over the stretcher to look White in the eye. "I'm Doctor Freeman. You're going to be okay," he says very gently, as a team of nurses and technicians pull up trays of supplies. "We'll get you feeling better here."

Freeman turns to one of the nurses, Sheena Fisher, R.N., who is adjusting an IV line. "Let's do a hundred of fentanyl," he tells her and then turns back to his patient. "We're getting you some medicine to help with your pain."

The EMTs report that White collided with a streetlight and fell, face-first, over a small concrete wall in downtown Winooski. No helmet. "Where are you hurting, my friend?" Freeman asks.

"My head hurts so bad," White tells him, groaning again, and her eyes drift up to a monitor overhead, beeping out a record of her breaths and beating heart. "I'm looking to see what needs stitches," he says, peering closely at his patient's forehead. But Freeman is more concerned about what he can't see: what might be happening inside White's skull.

"Are you able to sit still for a few pictures?" he asks. "We're going to take some pictures of your head and then we'll get you stitched up." White grunts and gets whisked down the hall for a CAT scan.

Just outside White's exam room, recent UVM graduate Chelsea Manning, who's now working as a research assistant in the Department of Surgery, has been waiting quietly. She's holding a vial for

collecting blood. Freeman steps out to talk with her. "We are going to draw blood from her for the study," Freeman tells Manning. "We'll enroll her. I think she's going to get admitted. Head bleeding? Could be. I'm guessing she broke some of the bones in her face. She's pretty crunched."

Then he sits down at a bank of computers to order some tests for his new trauma patient. A surgeon strides by in blue scrubs. More EMTs wheel around the corner with a bed, pushing an elderly patient the color of ash. Like a chorus of electronic frogs, there's a constant beeping and ringing in the air from telephones and monitors.

It's not exactly the quiet, peaceful environment a scientist might hope for to do research, or a professor might hope for to instruct college students.

But Freeman, who is an assistant professor of surgery and pharmacology, director of Emergency Medicine Research, and the lead investigator of the Trauma Physiology Laboratory at the UVM College of Medicine, does both. He conducts research and teaches undergraduates and medical students — right in the emergency room.

In return, his research on trauma — particularly traumatic brain injury and blood clotting — depends on the 24-hour-a-day, 7-days-a-week efforts of undergraduate students (and a few recent graduates, like Manning) enrolled in two courses he founded: Surgery 200 and 201. Since 2008, he's had hundreds of students — in four-hour shifts as the required lab for the courses — working alongside him and other doctors in the emergency room, screening and enrolling patients for clinical studies. "They'll be here at 3 a.m. on a holiday weekend," he says.

Freeman received his undergraduate degree from the University of Michigan before earning his M.D. and Ph.D. from the University of Colorado and performing a residency in emergency medicine at Boston University. When he arrived in Vermont in 2007, he approached Steven Leffler, M.D., then head of UVM/Fletcher Allen's Division of Emergency Medicine,

who is now the chief medical officer for Fletcher Allen. "I knew that there was a very strong clinical program in emergency medicine, but almost no research arm," Freeman recalls. "My first love is science, and I told Steve I thought I could set up a trauma research program with a shoestring budget." Leffler wanted to know how. Modeled on a program at the University of Pennsylvania, Freeman told him, "My plan is to build an infrastructure using undergrad students as a team."

Unlike most medical schools and Level 1 trauma centers, UVM and Fletcher Allen are surrounded by undergraduate students, with many pre-med and science students eager to get experience in a clinical setting. Several UVM dorms literally look out on ambulances arriving at the emergency department. "We have this unique pair of institutions in Vermont where we have undergrads right around us. Let's tap in to this motivated young workforce and have them help us," Freeman told Leffler, who helped him get started.

So far, the students have gathered data for 22 studies, both for Freeman and for other researchers across the College of Medicine.

Leffler is impressed by what Freeman has built. "He has been able to develop an outstanding research program for Emergency Medicine and Trauma using a novel model of student research assistants.



At left, a Fletcher Allen Emergency Department team practices the kind of trauma situation that results in a blood sample collection. Chelsea Manning, above, collected samples and data both as a student and a research assistant.

\*Helen's name and case details have been changed to protect her privacy.



This innovative program has been great for our patients, academic medical center, and the students.”

With this team, Freeman’s research aims to understand the relationship between traumatic injury and blood vessels. Several of his studies focus on the endothelium — the inner lining of blood vessels that regulates smooth muscle, helps form blood clots, and provides a barrier to fluid that could leak in the brain. But in trauma the biochemical signals in the endothelium can go haywire, Freeman believes, which leads to a cascade of other medical problems.

Many physicians think of trauma as a mechanical problem requiring a surgical fix. Broken bones can be set, amputated limbs reattached, lacerated skin stitched. But brain damage from swelling and the failure to effectively form blood clots are complex problems of vascular biology that defy surgery. They’re problems that involve the endothelium — and they’re two of the primary reasons people die after severe trauma.

Every 23 seconds someone in the U.S. sustains a traumatic brain injury, the Centers for Disease Control and Prevention reports — about 1.7 million people each year, resulting in 52,000 deaths. Many of these deaths come hours, days, or weeks after the initial trauma and are often triggered by failure of other body systems outside the brain. “There is a fundamental knowledge gap in our understanding of the long-term impact of



Kalev Freeman, M.D., Ph.D., reviews imaging of a possible head trauma with UVM student research assistant Heidi Considine in the Fletcher Allen Health Care Emergency Department.

acute brain injury on systemic endothelial function,” Freeman writes. In other words, when a car crash victim with a head injury dies of a heart attack a week later, it may be because “the cardiac tissue was damaged by brain trauma. All the blood vessels are affected by the stress of a brain injury,” Freeman says.

And there’s a similar lack of knowledge about uncontrolled bleeding, one of the major causes of mortality in trauma. Of U.S. soldiers injured by combat, most of them — 88.9 percent according to the Army Institute of Surgical Research — die on the battlefield. But of those combat injuries that were “potentially survivable,” Freeman says, more than 90 percent of soldiers who die

simply bleed to death. For some reason, many severely wounded people can’t form blood clots — and Freeman would like to know why.

“You’d think we could just give these patients blood transfusions. No one should ever die from bleeding, because we can give them blood!” Freeman says. “But they just can’t make a blood clot.” There are several theories about why this happens: massive infusions of red blood cells and plasma change the biochemistry of the blood’s natural clotting mechanisms. Saline infusions dilute blood proteins. Dropping body temperature and build-up of acid may contribute. Genes matter. Freeman would like to show how dysfunction of the endothelium is also a culprit.

“We’ve already figured out most of the possible surgical procedures for trauma, but sometimes you stitch up all the holes and they’re still bleeding out and there’s not much you can do about it,” he says. “What is there after mechanical surgery?” Freeman asks. His answer: “Better biochemistry.”

“If we can understand what is going on with blood vessels after trauma,” Freeman says, “then we can target therapies to help protect them and thereby benefit blood clotting capabilities and prevent brain swelling.”

That’s why, just before midnight, Chelsea Manning is still waiting outside of Helen White’s examination room. The patient has returned from her CAT scan and Manning is hoping that a technician will soon return her vial, filled with White’s blood. If White gets admitted to the hospital overnight, she’ll qualify for one of the trauma studies Freeman is helping to lead, with a team of other researchers and universities, on the biochemistry of blood clotting. Manning’s job as one of Freeman’s student “chiefs” — having completed the two surgery courses and now working for him before applying to medical school — is to take the blood from the technician and go to a tiny lab just off the trauma bay in the ER. There, she’ll prepare it for study, to see how fast and firm it clots.

“Most of the time there would be another student here to collect the blood sample, and I’d be prepping everything back in the lab, but since I’m on by myself tonight I’ll do both,” she says. The study, led by UVM biochemists Kathleen Brummel-Ziedins, Ph.D., and world-renowned blood expert Kenneth Mann, Ph.D., aims to get a clearer sense of the natural history of coagulation in trauma patients. Their goal: start to develop profiles and possible biomarkers for people who are going to have coagulation

problems. Some clot too easily; some don’t clot well at all. “Trauma surgeons would love to have this information,” Freeman says, “before they begin to operate.”

While Chelsea Manning waits, Freeman and a medical student sit in the blue gloom of an image viewing room, looking at glowing scans of Helen White’s head and spine. “The big risk for her is bleeding. She’s gotten facial trauma, so I’m looking to see if she’s got any blood inside the skull,” he says, as he scours the ghostly grey images for telltale bright-white patches behind the eye sockets or between bone and brain. “You can see she broke her nose here,” he says pointing to an unhappy-looking angle in the picture. “But I don’t see any threatening bleeding in the skull,” he says. “That’s good.”

A few minutes later, Manning steps in the room. “I’m ready to do the blood,” she says. “I’m on call all night; do you want me to stay with her and do the two-and four-hour draws? Do you think we’re ultimately going to use her blood?”

“I’m not sure if she’s going to have an admission injury,” Freeman says, “but let’s go ahead and run the blood sample and get this piece of data and log it. I’ll know before midnight.”

In the little lab, Manning spins the blood in a centrifuge and then runs samples into two machines that will measure its clotting characteristics. “Here we can see how quickly it clots,” she says. On a computer screen a thin line spreads out into a wide blue band. “That’s where the clot is starting,” Manning says, as the data streams out, forming a bell-shaped pair of curves, beautiful and orderly.

Trauma, on the other hand, is, almost by definition, disorderly and unpredictable. A blinding rush of headlights. A leg blown off by an IED under your Humvee. A sudden rending of our gossamer plans by an intrusive, painful snap. “This is why we haven’t figured out the answers to many trauma questions, because it is so challenging to study; you can’t plan for it,” Freeman says, “These are people in the worst of circumstances, in the middle of the night, and we have to work fast. It’s very hard to get this data. It’s simply a feasibility challenge. An emergency room is a very difficult environment to do robust scientific research.”

An additional challenge: Freeman needs Helen White’s permission to participate in this clotting study. Informed consent is a foundation of all ethical medical research. But how do you get consent from a patient who just smashed her face on the concrete? Or worse. “When someone is bleeding out from everywhere and they’re on a ventilator, how can you get them to sign a consent form to take a blood sample?” Freeman asks.

You can’t. And yet understanding what’s happening with critically injured patients — just after they’re injured, in real time — is some of the most important work in emergency medicine. That’s why Freeman developed special protocols with the ethics committees of the university and hospital. He got permission to get a waiver of consent to take an initial blood sample from trauma patients. “Then we don’t do any analysis or reporting on that data until we go back to the patient and get their permission,” Freeman explains, “once they’ve recovered.” If they’ve died? “We go to a family member and we’ve got thirty days to get consent from the family.”

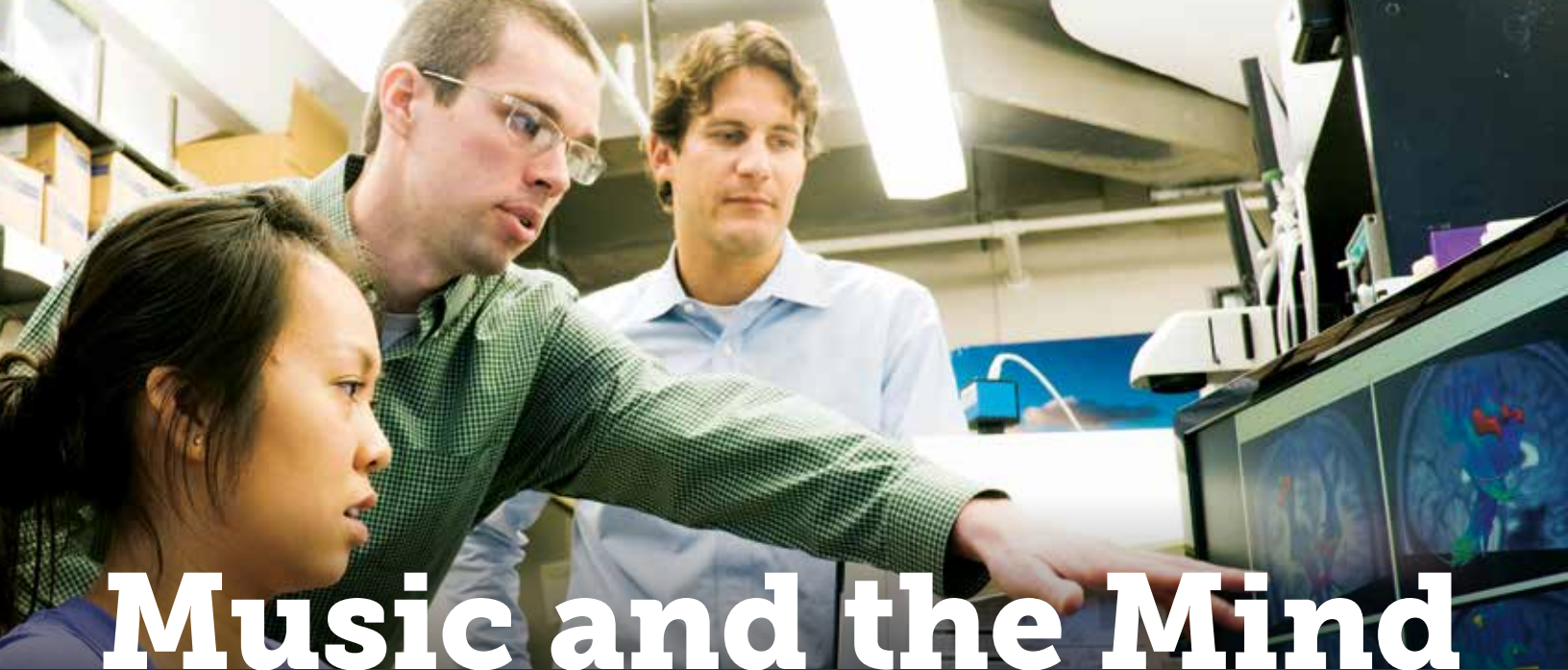


Research assistant Abby Wager prepares blood samples as Dr. Freeman observes. Because blood from trauma victims must be processed soon after their injury, Freeman built an analysis facility in a former closet at the Emergency Department.

“If we can understand what is going on with blood vessels after trauma, then we can target therapies to help protect them and thereby benefit blood clotting capabilities and prevent brain swelling.”

— Kalev Freeman, M.D., Ph.D., Assistant Professor of Surgery and Pharmacology, Director of Emergency Medicine Research





# Music and the Mind

When a soccer player with a concussion comes into the emergency room at Fletcher Allen Health Care, medical student **ALEX THOMAS'17**, would like to catch him. And, maybe, encourage him to listen to music on his iPod.

Throughout his undergraduate years at UVM leading up to his entrance into the College of Medicine, Alex Thomas has been helping a team of researchers led by Professor of Psychiatry Magdalena Naylor, M.D., Ph.D., and emergency medicine specialist and Assistant Professor of Surgery Kalev Freeman, M.D., Ph.D. — who are working together to better understand what's happening in the brains of patients suffering with mild traumatic brain injuries. Naylor and Freeman are also testing the idea that people with concussions might recover better and faster with mindfulness training — a cognitive-behavioral therapy — that uses music as a focusing tool.

Of the 1.7 million traumatic brain injuries in the United States annually, about 1.4 million are mild, otherwise known as concussions.



Top: Kalev Freeman, M.D., Ph.D. works with medical student Alex Thomas'17 and UVM student research assistant Tram Tran. Above: Professor of Psychiatry Magdalena Naylor, M.D., Ph.D.

Concussions can produce a range of symptoms such as headaches, depression, slowed reaction times, memory loss and sleep problems. But beyond these cognitive, behavioral and emotional clues — often self-reported — there is no method of detecting a head injury in mild cases.

In 2011 and 2012, Thomas and other students taking Freeman's Surgery 200/201 courses helped recruit patients with concussions to be part of the Head Injury Testing and Outreach Program [HITOP]. Using an advanced MRI machine near the Emergency Department, the researchers tested 28 of these volunteers soon after their injury and then seven days later using a state-of-the-art technique called diffusion tensor imaging.

The team has been looking at the brain's white matter — axons — to see if shearing or swelling can be detected, giving a new view on mild brain injuries. This imaging is very sensitive, and the team hopes to detect damage of fibers where other techniques can't. The study also tested the patients' brains at work, using functional MRI imaging, looking at blood oxygenation levels in several areas of the brain's gray matter while the patient worked on, for example, a memory task.

On both types of imaging, the researchers found significant differences between control patients and those with concussions. Another important finding: in the hours right after a concussion, many patients have the same

symptoms — but the research team saw low activation of brain areas associated with memory tasks in the patients who didn't recover quickly from their injury, Thomas reports, "whereas there is high activation in those who will go on to recover and the control group."

In other words, in addition to finding physical evidence of concussions, the researchers hope that this study may point toward techniques that would be predictive of who is likely to go on to have long-term symptoms — or develop the post-concussive syndrome increasingly seen in NFL players and recent combat veterans.

Those patients who still had symptoms after a week were invited into the second stage of the study: a six-week program of mindfulness training supervised by Naylor, who directs UVM's Mind/Body Medicine Clinic. The patients met once a week to learn meditation and focusing techniques that the researchers believe can help injured brains recover.

A major focus of the sessions: cognitive exercises with music. Young men are major sufferers of concussions, but they are much less likely than women to participate in traditional group therapy. "It's tough getting NFL guys to sit in group therapy," Freeman says, "but iPod therapy could work. These are cognitive exercises, focusing, for example, on certain sounds like a horn or drum beat. It's like a mind gym."

One could be forgiven for imagining Kalev Freeman saying, "I'm only a real doctor; I don't play one on TV." His blue eyes, athletic chin, impish smile, and Gen-X tattoos, barely visible beneath a short-sleeved shirt, might make the cut in Hollywood. And after hearing his slow, guffawing laugh, one could see how he considered a different career as a bluegrass fiddler. But spend more time with the man and it becomes clear that here is someone with remarkable drive and sense of mission.

"When you're in the hospital, it's like running the marathon," Freeman says. (He would know, having run several editions of the Vermont City Marathon, including one where he finished an overnight shift in the emergency room at 7 a.m. and toed the starting line downtown at 8 a.m.) "It's a very high-intensity activity and I can forget about my lab work while I attend to patients."

But most days, Freeman wakes up thinking about his next experiment, he says. And most of his time, other than his four shifts a month in the Emergency Department, is spent on the third floor of the Given Building, conducting animal studies on the physiology of brain injury. Unlike the emergency room, the lab is predictable and the work methodical. "You can always count on the rats to be there at 10 a.m.," he says.

He can also count on several hard-working students too, like Tram Tran (UVM'13) and Alex Thomas, a Class of 2017 medical student. "As a freshman in the UVM Honors College, Tran contacted Freeman to see if she could help in his lab. He put her to work right away, and, four years later, she has become a star biochemistry student, completing her undergraduate thesis under Freeman's supervision and preparing to apply to medical school. "He's amazingly dedicated to his students," says Alex Thomas.

Above all other tasks, the body seeks to send the right amount of blood to the brain, feeding its delicate oxygen-gulping network of vessels, neurons, and memories.



Whether sleeping or sprinting, the healthy body has an amazing ability to keep constant blood flow to the brain.

Testing brain and gut arteries from animal models, Freeman and his students are exploring how the molecular signaling mechanisms in endothelium, particularly calcium pathways, can misfire after a traumatic brain injury — leading to excessive dilation in the brain and blood vessels. With his mentor, University Distinguished Professor Mark Nelson, Ph.D., chair of the Department of Pharmacology, Freeman has been collecting data showing that endothelial cells are hyperactivated following trauma, as a wave of calcium ions move in. This blast of calcium could be a cellular foundation for both swelling of brain tissue and loss of clotting capacity.

Using high-speed video images from powerful spinning-disc confocal microscopes in Nelson's nearby lab, Freeman and his team can observe and measure calcium, nitric oxide, and other signals that move into and through endothelial cells. Their hope is to help point the way toward treatments that could block key calcium ion channels, turn off overabundant calcium signals, and maintain clotting pathways: in short, calm the endothelium. In the long run, Freeman would like to contribute to long-sought therapies for uncontrolled bleeding and traumatic brain injuries.

But this night, in the hospital, it's approaching 1 a.m. Freeman talks



At top: frequent group meetings give the large research team a chance to share findings. Above: student presenters compare notes before the start of a group meeting.

animatedly to a radiologist on one of several phones he's assigned in the emergency room. Helen White, it turns out, is not going to be admitted as an in patient to the hospital. Her injuries hurt, but they're not as serious as they first looked and her head now seems fine. Some stitches, wound scrubbing, pain medications, and she'll be heading home. "We got the first blood sample, which we can use in the comparison group," Freeman tells Manning. But because the patient is being discharged, she can't be in the main trauma study. And in that, Helen White, lacerated, sutured, and sore, could count herself fortunate.

"I work in the lab all week," Freeman says, "Then I go work a shift in the E.D. and see someone on Friday night, someone in a car accident, with the same injury that we're modeling and studying. That brings it home. It reminds me why we're doing the research." **YM**





# A 50-YEAR RECORD



AS VERMONT MEDICINE HITS THE HALF-CENTURY MARK, WE LOOK BACK FONDLY OVER THE FIVE-DECADE CHRONICLE OF THE LIFE OF THE COLLEGE OF MEDICINE

Strapped into a passenger seat of a twin-engine aircraft a few hundred feet above White Plains, N.Y., John Mazuzan, M.D.'54, certainly had no time to think of the next 50 years stretching out ahead of him. Having another 50 minutes guaranteed would have been more than enough.

It was the spring of 1964, and Mazuzan, who'd only recently returned to Burlington to practice anesthesiology, had joined a group of College of Medicine alumni that called themselves the "alumni raiders," as they crisscrossed the nation soliciting their fellow graduates in the effort to raise funds to complete the College's building program, which would eventually produce the Given Medical Alumni complex. On this particular evening, Mazuzan accompanied John Maeck, M.D.'39 and Win Eddy, M.D.'45, on a round of visits to alumni in New York City and Hartford. Their day done, the group took off from Westchester County Airport at midnight, bound for Vermont. One engine of the small plane soon sputtered, and their pilot skillfully turned back and landed safely. Assuring his passengers that it had only been an easily solved problem of water vapor in their fuel line, the pilot quickly made some adjustments, and they were once again airborne.

"Then I turned to John Maeck in the seat beside me," recalls Mazuzan, "And I said 'why is he yelling Mayday?'" "Listen," said Maeck. It was more a matter of what couldn't be heard: the engine had now completely failed. They again turned back. After one harrowing missed pass, the plane finally bumped down safely on the runway. The shaken group switched to a car.

A few weeks later, on another fundraising visit, the team heard a fellow

alumnus complain that "the College only contacts me when it wants my money."

"That's not true anymore," said Maeck, pointing at Mazuzan. "He's going to start producing a College magazine to keep you informed."

"And that's how it all began," says Mazuzan. "Within a few months I was laying out the first issue at the old Lane Press building on Pine Street, standing next to the Linotype machine." Mazuzan wasn't sure what to call the magazine so, as a placeholder, he slugged in the title "Hall A," the name of the College's main lecture hall. "I couldn't come up with another name by press time, so we just kept it in," he says. Fifty years later that magazine, now known as *Vermont Medicine*, stands as one of the oldest continuously published medical school magazines in the nation.

Mazuzan was the obvious choice to spearhead founding a publication since, as he puts it, "It was well-known that I had printer's ink in my blood." His father had owned and edited the Northfield (Vt.) *News & Advertiser* for many years, and young John had grown up running proofs in the shop, and writing short news and sport pieces from his early teens. He had even



Written at the Mazuzan kitchen table and laid out at a Pine Street print shop, the first issue of *Hall A* appeared in the fall of 1964.



covered General Eisenhower’s visit to Norwich University in 1946 for the paper, and had seen his write-up go national on the Associated Press wire.

“I don’t know how I took on creating a magazine and still maintained a full-time practice,” he says. He soon began to receive some help from the University’s public relations office, but stayed on the magazine’s masthead as editor until the late 1970s.

Five decades after the first issue rolled off the presses, the magazine has gone through several editorial and production changes. Originally an 8-inch square, it moved up to a full size publication in the early 1980s. Color came to its pages in 2001, as did a name change, since the readership had broadened to include recipients who had never sat in the Hall A lecture hall, which itself became a thing of the past a few years ago. (The alumni news and notes section, in tribute, retains the old lecture hall name.)

In the following pages, and through articles available on the *Vermont Medicine* website, readers can get a glimpse of the changing life of the College of Medicine from the 1960s to today. Even more important are the clear indications of what hasn’t changed — the work to educate students and produce research that serves patients and the community.

— Ed Neuert  
Editor, 1998–present



During a recent interview, John Mazuzan, M.D. ’54, the founding editor of the College of Medicine’s magazine, looks over an early issue of *Hall A* in his Burlington living room.



The white lines in this aerial view outline the magnitude of the medical college and Mary Fletcher’s campus. The old Mary Fletcher Building is in the upper left. East Avenue is the street in the foreground.

**GROUNDBREAK IN AUGUST FOR PHASE III**  
All indications point to an August groundbreak for the \$5,700,000 third phase of the medical college. The site was given for this event by the more than \$400,000 in alumni and private giving reported in the February issue of the University’s Alumni Magazine, and by two subsequent major school marking grants awarded to the College of Medicine. In late March Vermont’s congressional delegation joined in announcing a \$1,025,000 construction grant for research facilities in Phase III. This money came from the Division of Research, Facilities and the centers of the National Institutes of Health. Two months later Senator Nelson and House and Congressional Medical again had good news for Vermont and its College of Medicine — a \$2,472,517 grant from the Bureau of Motor Services of the U.S. Public Health Service for teaching facilities in Phase III. The funding of Phase III marks another significant item in UVM history. The two federal grants, totaling \$4,025,017, represent the largest amount of federal support ever granted for our facilities on the Vermont campus. Also this development has attracted the largest single amount of alumni and private gifts: \$400,000 in alumni and private giving reported in the February issue of the University’s Alumni Magazine — the \$2,000,000 gift from the Given House Given and John D. and Anne Given Foundation. Acting University President Eugene A. Russell, in announcing, said the request provided the College of Medicine for its alumni and friends and the major school grants “are a substantial testimony to the quality of teaching, research and service programs of the College of Medicine and its contribution to the state of Vermont.” To match the increase in student enrollment the new Burlington teaching hospitals are also expanding to provide more teaching beds. The DeFranco Memorial recently opened three new patient floors built with local and federal matching funds. Students with the medical school construction the Mary Fletcher will be able to utilize a new floor, 42,500,000 patient care unit. Bed capacity of the two Burlington hospitals will then total nearly 1000.



1965  
1969



2000



2005

**Students**  
More than anything else, alumni of the College always wish to be kept informed of what it is like to be a medical student *today*. Across all the “todays” of the last 50 years, the magazine has shown students throughout their daily life — navigating the worlds of the lecture hall and clinics, learning about the physician’s life, and having a lot of fun along the way.



1971



1977



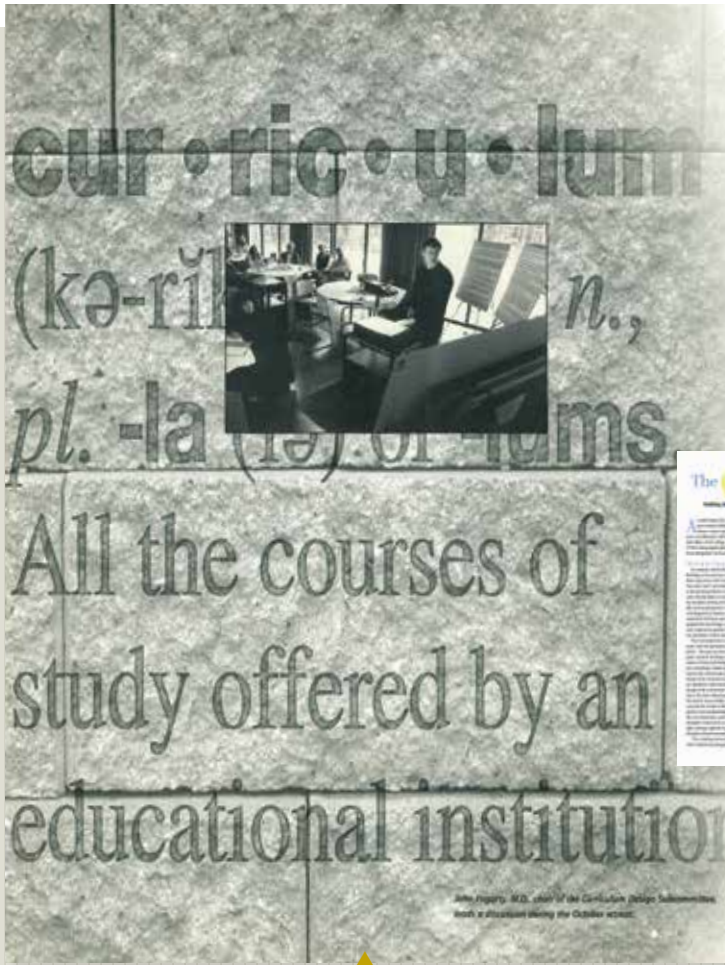
1997



2004

## Facilities

Over 50 years, the College’s campus has not only changed — it’s actually moved. Early issues of *Hall A* detail the plans for the Given complex and, in 1968, the move to the top of the hill — including the last class in the old Hall A that had served the school for more than 60 years. Later years saw coverage of the connection to Rowell Hall, and the rise of the Health Sciences Research Facility and the Medical Education Center.



1999

## Women

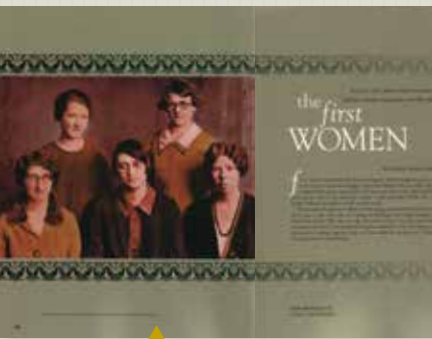
It seems almost impossible to realize now, but in the 1960s it was headline-worthy to state that “A Medical Student... is Not Always a ‘He’.” Women had first been admitted to the College in the early 1920s, but their numbers in the student body had never been large. Beginning in the mid-1970s that changed fairly rapidly. One female student featured in the 1970s was Casja Nordstrom (later Casja Schumacher, M.D. ’74), who went on to years of service on the Medical Alumni Association Executive Committee, including service as the first female president of the committee. (Her two daughters also earned their M.D.s at the College.) Today, as has been the case for many years, roughly half the student body are women.



1968



1972



2004

## Curriculum

Change is a constant in medical education, and nothing has been more of an indicator of the constant refinement and improvement of the art and science of medicine than the continuing evolution of the College’s curriculum over the past 50 years. In 1967, the “new” curriculum introduced a radical change: early clinical experience. That spirit continued to inform the curriculum development process over the coming decades, eventually fostering the Vermont Integrated Curriculum’s development in the late 1990s and early 2000s. Through all those years, the nation’s need for more physicians drove the size of the student body to more than double.



1999



1999



1967



**Read All About It!**  
See the full stories featured here, plus many added articles from the last 50 years.  
Go to: [uvm.edu/medicine/vtmedicine](http://uvm.edu/medicine/vtmedicine)



## Technology

First and foremost comes the human dimension of medicine: the doctor/patient relationship. But augmenting that is the tremendous tide of technological innovation that has brought forth astounding new resources for better treatment and increased access to and sharing of information. Physicians are lifelong learners, and that has been apparent in these pages. Computers made an early appearance, the World Wide Web was born right before our eyes, and in the new millennium, the College of Medicine Educational Tools (COMET) became a 24/7 platform for medical student learning and sharing. Clinical simulation became a strong presence in the past decade.



1973

1997

2007

2012

## Research

One of the great stories in U.S. medicine over the last five decades has been the growth of the National Institutes of Health and other funding agencies, and the resulting growth of research work at medical schools throughout the nation. An article in a 1966 issue of *Hall A* told of the College's winning one of the first five federal grants for regional heart disease, cancer, and stroke programs — an early effort at translating the latest medical knowledge into clinical practice. As the College's research funding has grown, stories about those efforts have frequently appeared in the magazine.



2009

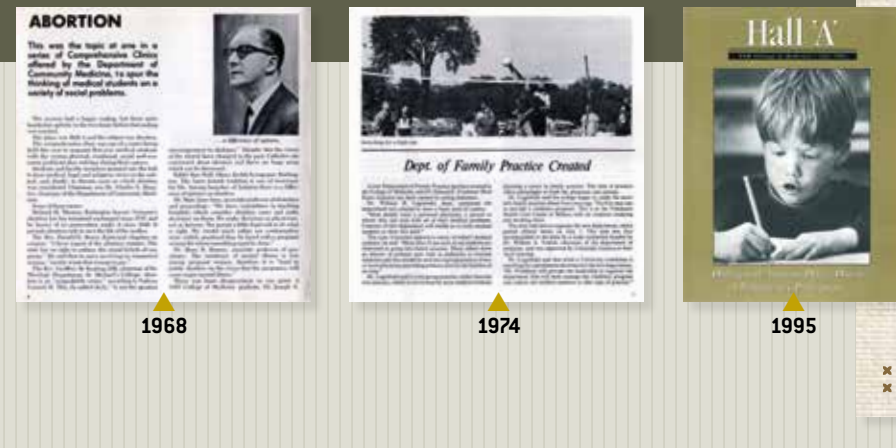
2001

1974

1966

## Clinical Practice

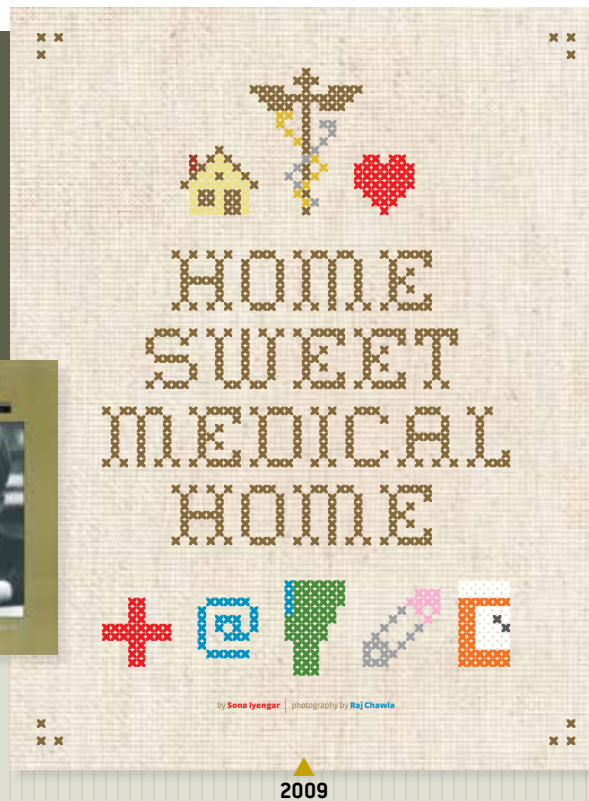
The delivery of medical care has changed in many ways over the last 50 years. Medicare and Medicaid were introduced a year after the magazine was founded, and the huge changes over the years in practice structures, the introduction of new clinical fields such as emergency medicine, and the continuing need for more primary care doctors have been documented in *Hall A* and *Vermont Medicine*.



1968

1974

1995



2009



2006



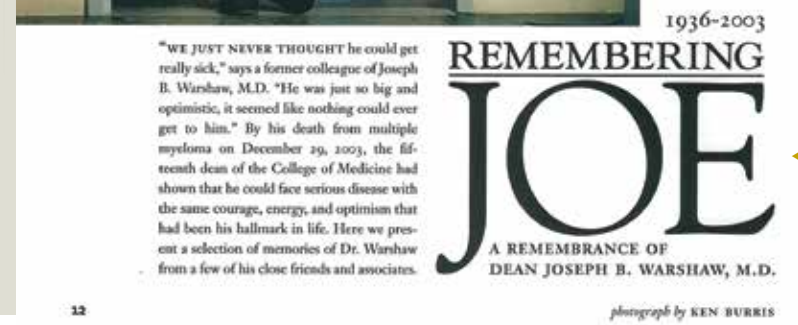
1986



1979

## Faculty

There is no recognized formula for a successful medical school, but if it had to be reduced to a mathematical equation, that would certainly involve adding an intelligent and curious student body to a dedicated, knowledgeable, and caring faculty. Many members of the College faculty have been celebrated in these pages through the decades — people who helped form the physicians of today, and whose reputations and influence continue. **VM**



2003



**Read All About It!**  
See the full stories featured here, plus many added articles from the last 50 years.  
Go to: [uvm.edu/medicine/vtmedicine](http://uvm.edu/medicine/vtmedicine)



# A TALE OF TWO NEUROSCIENTISTS

A DEEP PERSONAL FRIENDSHIP AND SHARED INTEREST IN NEUROSCIENCE LED TWO LONGSTANDING CHAIRS THROUGH TWO DECADES OF COLLABORATION AND THE MERGER OF THEIR DEPARTMENTS.

**A**long the bays and beaches of the Long Island shoreline, a vibrant mix of land and sea creatures captivated the attention of a little boy so deeply that he knew by the age of seven he would one day be a biologist. A couple of hours to the north, in a town east of Hartford, Conn., the son of a widowed Irish maid grew to be an accomplished athlete who loved coaching children in basketball and other sports. Some forty years later, their paths would cross in Burlington, Vt., when they began laying the foundation for what would, in 2012, become the Department of Neurological Sciences at the University of Vermont.

Animals still figured prominently in the mind — and career — of Rodney Parsons, Ph.D., when he arrived at UVM in 1967. Fresh from a National Institutes of Health (NIH) postdoctoral fellowship at Columbia College of Physicians and Surgeons, coming to Vermont was a kind of homecoming for the Middlebury College alumnus and his wife. He'd followed through on his early interest, and received a biology degree, and then moved clear across the country to Stanford for graduate school before returning to his native New York. The third faculty

member recruited to the Department of Molecular Physiology and Biophysics by then-chair Norman Alpert, Ph.D., Parsons specialized in neuromuscular function. The common garter snake provided an optimal model for studying the molecular activity of this function, so Parsons ran ads in the local paper, got a permit to catch them, and enlisted the help of his children and neighbors' kids to find these research "subjects" in order to study the synaptic properties of two types of muscle fibers.

**“We built our two departments together with common interests. We thought of it as a mechanism to increase recruitments, to build bridges.”**

— Rodney Parsons, Ph.D.

Things changed, administratively, in 1979, when Parsons became the chair of the then-Department of Anatomy. While medical, physical therapy, and neuroscience students already had an anatomy course, he

designed, with Alpert's permission, an eight-credit, two-semester integrated anatomy and physiology course to teach non-medical, non-physical therapy students, including those enrolled in the two-year nursing program, and medical technology and graduate technology programs. Physiology and Anatomy and Neurobiology faculty each taught half the course. Parsons and Steven Freedman, Ph.D., had previously co-designed the integrated medical student neuroscience course used at the College until the launch of the Vermont Integrated Curriculum in the early 2000s.

“There was only limited research in the anatomy department back in the seventies,” says Parsons, and there were only about five faculty and one-and-a-half administrative staff in the department when he became chair. It was then that he began to build the theme of neuroscience, changing the department name to Anatomy and Neurobiology. Originally he promised then-Dean William Luginbuhl, M.D.,



Longtime colleagues, collaborators, and close friends  
Robert Hamill, M.D., left, and Rodney Parsons, Ph.D.





# THE PARSONS FILE

Rodney Parsons, Ph.D.

## ACADEMIC APPOINTMENTS

Professor of Neurological Sciences, 2013–present  
Professor and Co-Chair, Department of Neurological Sciences, 2012–2013  
Professor and Chair, Department of Anatomy and Neurobiology, 1979–2012  
Professor of Physiology & Biophysics, 1973–1979  
Assoc. Professor of Physiology & Biophysics, 1969–1973  
Assistant Professor of Physiology & Biophysics, 1967–1969  
Postdoctoral Fellow in Physiology, Columbia University, National Institutes of Health, 1965–1967

## EDUCATION

1965: Ph.D., Physiology, Stanford University, Stanford, California  
1962: A.B., Biology, Middlebury College, Middlebury, Vermont

- University Scholar, 1990—1991
- Director of the COBRE Center for Neuroscience Excellence grant

## AWARDS AND HONORS

1989–1996 Jacob Javits Neuroscience Investigator Award  
1965–1967 National Institutes of Health Postdoctoral Fellowship in Physiology, Columbia University

## SELECTED RECENT PUBLICATIONS

The cardiac sympathetic co-transmitter galanin reduces acetylcholine release and vagal bradycardia: implications for neural control of cardiac excitability. *Journal of Molecular Cell Cardiology*, 2012.  
Autonomic dysfunction and plasticity in micturition reflexes in human a-synuclein mice. *Developmental Neurobiology*, 2012.  
Pretreatment with nonselective cationic channel inhibitors blunts the PACAP-induced increase in guinea pig cardiac neuron excitability. *Journal of Molecular Neuroscience*, 2012.  
Galanin expression in the mouse major pelvic ganglia during explant culture and following cavernous nerve transection. *Journal of Molecular Neuroscience*, 2012.  
Somatic ATP release from guinea pig sympathetic neurons does not require calcium-induced calcium release from internal stores. *American Journal of Physiology Cell Physiology*, 2010.

that he'd serve in the chair's position for five years. His first recruit was the late Bruce Fonda, M.S., a lecturer in anatomy and neurobiology who was trained by longtime anatomist Dallas Boushey, who was set to retire after 50 years' service. Also among Parsons' early hires was Jerome Fiekers, Ph.D., his former postdoctoral fellow. Over the next twenty years, Parsons hired nearly twenty more faculty members, many of whom remain in the department today. Among them was Cynthia Forehand, Ph.D., professor of neurological sciences and current interim dean of the Graduate College, who took on responsibility for increasing the scope of the medical student neuroscience course after Freedman's departure from UVM.

Parsons chaired the search committee that brought former Chair of Neurology Robert Hamill, M.D., to the College in 1993. Parsons' wife had recently passed away, and the two became close friends, with Parsons often serving as Hamill's "chef" during his Burlington visits. They had much in common, including the loss of their fathers in early childhood, but Hamill's path to UVM was longer, and originated from an unexpected starting point.

"I wasn't even going to go to college," says Hamill, whose family had emigrated from Ireland before his birth. His father later became ill and passed away while Hamill was still a boy. He and his mother, who worked as a maid near their home in Manchester, Conn., were what he describes as poor. But despite his financial disadvantages, Hamill had two things going for him: he was a skilled athlete, and he was bright. Despite his mother's urgings to learn a trade (he studied auto mechanics), his high school guidance counselor had other plans for him.

"He gave me Middlebury, Williams, Brown, and Worcester Polytech catalogs," says Hamill, who told the counselor, "I really can't go to any of these. I wouldn't fit in." The counselor didn't let up, and through conversation teased out that Hamill would consider becoming a physical education teacher. So he was steered toward Springfield College — the

birthplace of basketball, volleyball, exercise physiology and the YMCA. Thanks to scholarships from his hometown and the college, Hamill was able to attend. "It really was a life-changing experience," he says. At Springfield, he mastered anatomy and physiology, biomechanics, and — critical to his future path — the brain's role in movement. After two years, Hamill had set his sights on graduate school, but one fateful summer afternoon, a friend's father — a physician — pulled him aside and asked him to consider medical school. The suggestion clicked, and he switched to pre-med. His senior year, he was accepted to Wake Forest College's Bowman Gray School of Medicine and, despite more financial hurdles, the dean of students at the school arranged for a full scholarship. Hamill was on his way.

At Wake Forest, Hamill fell in love with both his wife — whom he married his second year — and with neurosciences and neurology. He spent three years in the Navy after medical school, then completed a two-year residency in internal medicine at Strong Memorial Hospital in Rochester, N.Y. A three-year neurology residency and a four-year NIH research fellowship in developmental neurobiology led him to New York City, where he studied with world-class clinical and basic science mentors at Cornell, and honed his research expertise in Parkinson's disease.

The Hamill family moved to Rochester, N.Y., in 1980, where he served as a professor of neurology at the University of Rochester. A clinician, teacher and researcher, he ran the Alzheimer's Center and headed the neurogerontology division, as well as neurology at Monroe Community Hospital. He had built a

“What defines Rod Parsons as a chair is his outstanding support of his faculty in all aspects of their careers.”

— Cynthia Forehand, Ph.D.  
Interim Dean, UVM Graduate College

research group of about 20 people and enjoyed functioning as their "coach," hailing back to his original career aspirations at Springfield. In the early 1990s, he reached a turning point in his career; he'd been asked to run the University's Center on Aging, and colleagues were submitting his name for chair positions at other institutions. Then he received a letter from UVM. With his deep love of his native New England, the offer from UVM, which included service leadership at the then Medical Center Hospital of Vermont, was the only one he seriously considered.

"When I came here, I think there were six of us," says Hamill, whose new department included pediatric neurologist E. Stanley Emery, M.D., who had been acting chair; Rup Tandan, M.D., recent interim co-chair of neurological sciences Timothy Fries, M.D., Joseph McSherry, M.D., Ph.D., and the late Antonio Gomez, M.D. In addition, the late Herbert Martin, M.D., who had retired, was still seeing patients part-time. "There was limited clinical research and there weren't any NIH grants when I came," Hamill says.

Hamill's arrival coincided with the early stages of the founding of what would become Fletcher Allen Health Care, and additional recruitment plans were halted. "Those were some challenging years," admits Hamill, who would do four months of hospital service each year, and ran the clinics — M.S. and Stroke — and started a Parkinson's clinic to keep the department viable.

The concept for a translational science department grew out of Hamill's and Parsons' close camaraderie. "We built our two departments together with common interests," says Parsons, who recalls the evolution of the idea beginning with him, Hamill and John Evans, Ph.D. — then executive dean of the College of Medicine.

"We thought of it as a mechanism to increase recruitments, to build bridges," Parsons shares. The two knew that heightened competition and the need to do more translational work supported their concept, and they wanted to develop an opportunity for basic science and clinical

faculty to talk to each other. As a result, they brought faculty member Margaret Vizzard, Ph.D., and later Felix Eckenstein, Ph.D., on board in Hamill's department, and Rae Nishi, Ph.D., in Parsons'.

"Basic science was small here," says Parsons, who recognized the value of his and Hamill's collaboration from both a research perspective, as well as in the realm of integrated education. "Neuroscience evolved out of other basic science disciplines," he adds. As the field grew, he recruited to meet correlating needs, seeking out researchers who could also teach. Among them were Drs. Gary Mawe, Cynthia Forehand, Diane Jaworski, and Victor May. Ellen Black, Ph.D., had been Parsons' graduate student before he hired her to teach anatomy. After Freedman left, Parsons increased the scope of Forehand's responsibilities to include the College's neuroscience course.

Hamill's and Parsons' translational science-building theme migrated into the curriculum as well. When Hamill arrived, the neurology rotation was an elective, not mandatory. That status shifted when a movement led by graduating medical students pushed for the addition of a neurology clerkship. The development of the Neural Science course in the Vermont Integrated Curriculum also augmented the role of neurology faculty, and Hamill expanded his faculty, clustering them around the areas of systems neuroscience and neural development to enhance medical student education.

The two chairs' joint work also had a significant effect on research at the College. "The NIH COBRE grants [Center of Biomedical Research Excellence] have really been instrumental in strengthening the concept of cross-campus neuroscience, and have formed support for the importance of having a translational science program," he says. While Parsons and Forehand were the Neuroscience COBRE principle investigators, the translational core was run jointly by Hamill, whose combined clinical-basic science background fit the role perfectly, and Felix Eckenstein. "I'm proud of what the COBRES have done. They've supported a lot of



# THE HAMILL FILE

Robert Hamill, M.D.

## ACADEMIC / CLINICAL APPOINTMENTS

Professor of Neurological Sciences Emeritus, 2013 to present  
Professor, Department of Neurological Sciences, 2012–2013  
Professor and Chair, Department of Neurology, 1993–2012  
Physician Leader — Neurologist-in-Chief, Neurology Health Care Service, Fletcher Allen Health Care and University of Vermont Medical Group, Burlington, Vt., 1995–2012  
Professor of Neurology, Neurobiology and Anatomy, and Medicine, University of Rochester School of Medicine and Dentistry, Rocheser, N.Y., 1980–1993

## EDUCATION

1964–1968: M.D. Bowman Gray School of Medicine, Wake Forest University, Winston-Salem, N.C.  
1960–1964: B.S., Springfield College, Springfield, Mass.

- 1996–2012: Best Doctors of America
- Springfield College Distinguished Alumnus Award, 2012

## AWARDS AND HONORS

Teacher Investigator Development Award, NIH, [NINCDS], 1978–1980  
Jordan Research Fellowship, National Paraplegia Foundation, 1977–1978  
National Research Service Award, NIH [NINCDS], 1976–1978  
Alfred P. Sloan Foundation Fellowship, 1975–1976

## SELECTED RECENT PUBLICATIONS

Predictors of cognitive outcomes in early Parkinson disease patients: The National Institutes of Health exploratory trials in Parkinson disease [NET-PD] experience. *Parkinsonism Related Disorders*, 2010.  
Caffeine and progression of Parkinson's disease. *Clinical Neuropharmacology*, 2008.  
A Pilot Clinical Trial of Creatine and Minocycline in Early Parkinson's disease — 18 month results. *Clinical Neuropharmacology*, 2008.  
Subclavian artery stenosis causing transient bilateral brachial diplegia: an unusual cause of anterior spinal artery syndrome. *Journal of Neurosurgery Spine*, 2008.





At the College of Medicine Commencement in May, Robert Hamill, M.D., standing at left, listened while his emeritus citation was read by his friend and colleague Rodney Parsons, Ph.D., at lecturn. Dean Rick Morin observed at right.

young faculty across the campus,” says Parsons, whose role as chair has been similarly focused. “The greatest thing has been watching people grow and exceed expectations — Cindy Forehand becoming a major support for the institution. Gary Mawe, who has soared. The development of a University-wide graduate program. It’s been very satisfying.”

“What defines Rod Parsons as a chair is his outstanding support of his faculty in all aspects of their careers,” says Forehand. “He supported my development as a scientist through mentoring and reviews of my grant applications and supported and encouraged my interests in education and administration.”

Along with the construction of the research enterprise, Hamill was busy building the clinical arm and, in particular,

a community neurology program. Over the years, he developed a close relationship with Neurology Associates of Vermont, a private practice group near campus originally headed by the late Kenneth Ciongoli, M.D. He brought the physicians from the practice into his department and initiated a shared (50/50) faculty position. When Ciongoli became ill, four of Hamill’s faculty members picked up his patients. The department now manages the Associates office.

“The goal is to continue to recruit general neurologists to the community neurology program,” explains Hamill, who adds that the connection provides excellent educational opportunities, allowing students and residents to experience the environment of a private practice.

“I’m going emeritus this year,” says Hamill, “and we had four graduates go into neurology — the clerkship, which is now a little over three weeks long, has been a big boost.” Most schools, he adds, only have about two percent going into the field.

His department’s research productivity has been equally successful. “For a department of our size, the amount of extramural funding per faculty member is very high,” says Hamill. One of the research achievements of which he’s most excited is the Michael J. Fox grant, which is headquartered at UVM and led by James Boyd, M.D., a mentee of Hamill whom Hamill proudly shares is now both nationally and internationally known in the

field of Parkinson’s disease. “I now work for him — it’s a joy,” exclaims Hamill.


That’s a feeling shared by Boyd. “From my first days of residency to today, Dr. Hamill has been the single greatest influence in my career development,” he says. “Discussing neuroscience with students and residents, Dr. Hamill has the excited expression of a child in a toy store. His passion for the field is inspiring and infectious. It has been through his mentorship and by his example that I have become the neurologist and clinical researcher that I am today.”

Now 28 years past his originally committed service as chair, Parsons counts running the Anatomical Donor Program with limited resources (“it was very smart to modernize and transition it to where it is now”) and former student Amy McDermott’s first-ever-in-the-world recording of neuronal synaptic currents from bullfrog sympathetic ganglion cells among his career “highs.”

“The hardest part of my years as chair was when we lost Bruce Fonda,” he admits. “He was a special person, and an amazing teacher. It was a loss for us all.”

Hamill’s early struggles are far behind him, but not forgotten. Last year, his alma mater Springfield College honored him as an outstanding alumnus. Now officially emeritus as of the Class of 2013 Commencement, he says “It’s a great feeling to start with a department of six and see where we’ve been able to grow together.”

Indeed, the vision he and Parsons launched more than fifteen years ago has been realized. They engineered a proposal to merge their departments into the Department of Neurological Sciences. It was approved by the UVM Board of Trustees in 2012 and, in May of this year the newly recruited Gregory Holmes, M.D., took the helm. Hamill and Parsons couldn’t be more proud.

“The uniqueness of this department — it spans an educational realm from undergraduates to residents — makes serving as chair challenging,” says Parsons. “We’re glad to leave our legacy in such capable hands.” 



# hall a

In 1905, when the College of Medicine completed its third home at the corner of Prospect and Pearl Streets in Burlington, the main lecture room was named Hall A. For the next 63 years, students (such as the members of a class in the 1950s shown below) learned the science of medicine while perched on those rows of steeply-raked wooden seats. When the College moved to the top of the hill in 1968, the designation of Hall A moved too: to a slightly more comfortable assemblage of orange-upholstered seats on the second floor of the Given Building.

Today’s learning environment fits today’s medical curriculum. Students take in lectures as a class in the Sullivan Classroom, and they work in small group environments and in UVM’s cutting-edge Clinical Simulation Laboratory. The settings have changed, but the mission remains the same: inspiring a lifetime of learning in the service of patients. This section of *Vermont Medicine*, named in honor of that storied hall, serves as a meeting place in print for all former students of the College of Medicine.

<b>President’s Corner</b>	<b>32</b>
<b>Class Notes</b>	<b>33</b>
<b>Development News</b>	<b>35</b>
<b>Class Agent Directory</b>	<b>38</b>
<b>Reunion ‘13</b>	<b>40</b>
<b>Obituaries</b>	<b>42</b>



1950s



1980s





## PRESIDENT'S CORNER

Somehow, in the midst of a soggy, wet late spring, we managed to pull off what I think was one of the nicest reunions ever. The rain held off just long enough, for the most part, and all the class members from across the decades were able to have a wonderful time here on campus and throughout the Burlington area.

One thing that struck me was the span of history that our attendees at reunion reflected. In the course of one evening, I had the pleasure of talking to Stanley Fieber, M.D.'48, who was celebrating his 65th anniversary reunion, and later met members of the Class of 2016, who were part of the contingent of 30 current students who helped out during the weekend. It was incredible to think about the over 70-year continuum these people represented!

I was particularly pleased to meet all the Medical Alumni Association Award winners, who joined us for a celebratory dinner the night before the official opening of reunion, and was as engaged as everyone else in attendance at the Celebration of Achievements on Friday night, as the accomplishments of this group of distinguished alumni were detailed to the audience, and each recipient added their thanks to the institution and their classmates.

Those "thank yous" were very striking elements of the evening to me. Without exception, these alumni credit the success of their careers and their laudable service and research to the special quality of this College of Medicine — in particular the caring, personal approach to each student, and to each patient. You'll often hear us speak about the need for more scholarship aid for students, but it's most meaningful to realize that those efforts grow naturally from the tradition of support every graduate of this institution has felt over the course of the four years he or she spent here on campus.

If your class year ended in a 4 or a 9, and it's been a while since you've been back on campus, I urge you to start planning now to come back next June, and get in closer touch with the memories and traditions of your medical alma mater.

**Mark Pasanen, M.D.'92**  
Associate Professor of Medicine



## MEDICAL REUNION JUNE 6-8, 2014

1944	1954	1964	1974	1984	1994	2004
1949	1959	1969	1979	1989	1999	2009

### The University of Vermont Foundation

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**Assistant Director, Annual and Major Gifts**  
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**Assistants**  
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### University of Vermont Medical Alumni Association

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#### Send Us Your Stories

If you have an idea for something that should be covered in *Vermont Medicine*, please email: [vmstories@med.uvm.edu](mailto:vmstories@med.uvm.edu)

#### HALL A | M.D. CLASS NOTES

If you have news to share, please contact your class agent or the Development & Alumni Relations office at [medalumni.relations@uvm.edu](mailto:medalumni.relations@uvm.edu) or (802) 656-4014. If your email address has changed, please send it to [medalumni.relations@uvm.edu](mailto:medalumni.relations@uvm.edu). For complete list of class agents, please see page 38.

### 1950s

REUNION 2014: 1954 + 1959

**'50 Marjorie Topkins** reports: "I retired Jan 1, 1996. I returned to New York-Cornell Medical Center Sept. 1, 1998, and worked for 10 months retiring again June 30, 1999 — that made 44 years in just one institution. I spend my days at Theatre and Dance (observing not participating) and playing bridge and of course doing what most octogenarians do — going to physicians. Eleven and a half years ago I went with my daughter and son-in-law to Vietnam where they adopted a son. I also noted with sadness the passing of Dick Manjoney and all the others."

*"For some we loved, the loveliest and the best that from his Vintage rolling time hath prest, have drunk their cup a round or two before, And one by one crept silently to rest."*  
— By Omar Khayyam

**Charles Miller** writes: "Mary and I miss our classmates and close friends the Janviers, Parkers and Jenys with whom we spent many great times together up until their passing. It all started on the cadaver."

**'54 John Tampas** received an honorary degree from the University of Vermont at its main commencement ceremony on May 19. He was honored for his "tireless dedication to the UVM College of Medicine both as a professor of radiology and as an active alumnus." (A photo of the presentation appears on page 11 of this magazine.)

### 1960s

REUNION 2014: 1964 + 1969

**'60 Bruce A. Chaffee** reports that he recently remarried to Ruth Ann Hansen, a 1958 graduate of UVM, and moved to beautiful Santa Fe, New Mexico.

**'63 Neil N. Mann** is currently working at the Center for Healthy Aging in Danvers, Mass.

**John J. (Jack) Murray** received the prestigious A. Bradley Soule Award from the College of Medicine at the 2013 Reunion. A South Burlington, Vt., pediatrician and retired clinical professor of pediatrics at UVM, Murray has served on the UVM Admissions Committee and is a class agent.

**'66 Earl Nielsen** is president of the medical staff and still practicing nephrology in Morristown, N.J. His son, Craig, is a graduate of the medical class of 1994.

**'67 Ursel Danielson** writes: "Still enjoying retirement a lot, spending some time travelling and attending local lectures on medicine foreign policy or nature. My son Richard has two children graduated from the University of California system. As time moves on — maybe I have a chance of becoming a great-grandmother soon. It was so nice to see many classmates at 45th reunion, looking forward to the 50th!"

### 1970s

REUNION 2014: 1974 + 1979

**'72 Richard L. Teixeira** writes: Natalie and I sold our home in Lincoln, R.I., and have moved into an "over 55" community in East Taunton, Mass. I continue to work at Lincoln Pediatric Associates three days a week — but NO night or weekend call.

**'73 Richard H. Feins** received a Distinguished Academic Achievement Award at the College of Medicine's Reunion 2013. He is a professor of surgery in the division of cardiothoracic surgery at the University of North Carolina School of Medicine in Chapel Hill, and is recognized nationally as a "go-to guy" on matters pertaining to the education of future thoracic surgeons and for simulation-based training.

**Irwin Paradis** writes: "I decided to retire from the practice of medicine at the end of May of this year in order to pursue other interests such as historic preservation, gardening, fishing and travel. I have always been grateful for the quality of the education I received at UVM both at the undergraduate and graduate level. This education has served me well. Thank you, UVM! I met my future wife, Cynthia Fox, Class of 1973, as an undergraduate nursing student at UVM. We are still together 40 years later. Our three sons and two grandchildren all live out west and want us to move out there but New England still holds us fast. One of our sons is also a UVM undergraduate. Please visit us whenever you might be in our neighborhood: Hallowell, Maine."

**'74 Richard L. Gamelli**, senior vice president and provost of the Health Sciences Division at Loyola University Chicago, was awarded the President's Leadership Award from the American Burn Association (ABA) at the ABA annual meeting on April 24, 2013, in Palm Springs, Florida. Gamelli is a past president of the ABA and currently serves as president of the International Society for Burn Injuries (ISBI). He is also a member of the UVM Board of Trustees.

**'75 James Gallagher** is a clinical professor of medicine at Thomas Jefferson Medical School in Philadelphia, Penn., and is medical director at Columbia County Volunteers in Medicine.

**Robert LeGendre Jr.** writes: "Thanks to Ellen Andrews for all her good work."

**'76 Matthew Zetumer** writes: "My wife, Lynn, and I hang out with Steve Lampert and Anita Feins when we are able. I am still enjoying private practice, teaching and my work with the NFL."

## UPCOMING EVENTS

**October 4–6**  
UVM Homecoming & Family Weekend  
UVM Campus

**October 7**  
Alumni reception in conjunction with the American College of Surgeons — Annual Clinical Congress  
Washington, DC  
(All local alumni & friends welcome.)

**October 9**  
Graduate Student Research Day  
UVM Campus

**October 18**  
Medical Student White Coat Ceremony  
Ira Allen Chapel  
UVM Campus

**October 19**  
Medical Student Family Day  
UVM Campus

**October 26**  
Alumni reception in conjunction with the American Academy of Pediatrics National Conference  
Orlando, Fla.  
(All local alumni & friends welcome.)

**December 3**  
Alumni reception in conjunction with Radiological Society North America  
Chicago, Ill.  
(All local alumni & friends welcome.)

**March 13, 2014**  
Match Day Eve 4th Year Student Dinner  
Sheraton Hotel, Burlington

**March 14**  
Match Day  
Noon

Hoehl Gallery  
UVM Campus

**May 18**  
2:30 p.m.  
Graduation  
Ira Allen Chapel  
UVM Campus

For updates on events see:  
[www.uvm.edu/medicine/alumni](http://www.uvm.edu/medicine/alumni)  
College of Medicine graduates are also members of the UVM Alumni Association. See those events at:  
[alumni.uvm.edu](http://alumni.uvm.edu)



**'77 Mark Novotny** writes that he is “currently serving as CMO for Cooley Dickinson Hospital in Northampton, Mass., as we join Mass. General Hospital. Still benefiting from my UVM education and still hanging out with Michael Polifka '78.”

**'78 John E. Alexander** writes that his daughter, Jane, was married in September 2012. She currently is stationed at Fort Bragg, N.C., with her Army husband.

**John J. Ambrosino** reports: “I moved to Hermitage, Penn., and am still working hard at vascular surgery — hopefully to age 70!”

1980s  
REUNION 2014: 1984 + 1989

**'83 Edward P. Havranek** received a Distinguished Academic Achievement Award at the College of Medicine's 2013 reunion. As a professor of medicine at the University of Colorado School of Medicine and a cardiologist and director of Health Services Research at Denver Health Medical Center, he has a long-standing interest in measuring and improving the quality of care for cardiovascular disease, particularly heart failure. His current research focuses on causes and solutions to the problems of health disparities based on race and ethnicity.

**Douglas W. Losordo** received a Distinguished Academic Achievement Award at the College of Medicine's 2013 Reunion. An interventional cardiologist and professor of medicine at the Northwestern University Feinberg School of Medicine in Chicago, Ill., his major research interests encompass angiogenesis/vasculogenesis, progenitor/adult stem cells, tissue repair/regeneration, and vascular biology.

**Stephen Russell Payne** has followed up on the novel he published last year with a new non-fiction work, *Riding My Guitar: The Rick Norcross Story*. The new book chronicles the life of the noted folk singer and Green Mountain Chew-Chew founder. It's available in bookstores throughout Vermont and via online sources such as amazon.com.

**'84 Jonathan Glass** was among the physicians who performed the first FDA-approved stem cell injection into a patient's cervical spine for amyotrophic lateral sclerosis treatment. The four-hour operation included five cervical spine injections containing a combined more than 500,000 stem cells. He is a neurologist at The Emory Clinic and professor of neurology at Emory University in Atlanta. Glass is a member of the American Academy of Neurology, American Neurological Association, and Society of Neuroscience.

**'88 Michele Gerin-Lajoie** writes: “I am well and practicing in Montreal, teaching residents and doing lots of perinatal medicine. Love to climb big mountains all over.

1990s  
REUNION 2014: 1994 + 1999

**'90 Francis Nolan** reports: “Now in Brisbane, Australia, working EM for a few years. Awesome. See www.docdownunder.com for anyone interested in life and EM Down Under. Thanks!”

**'91 BJ Beck** writes: “I continue to see patients one day/week at Mass. General Hospital and to work in managed care, but starting this summer, I am a full-time student at the Mass. College of Art & Design, working towards my BFA.”

**Kellie A. Sprague** writes that she “became the director of the Bone Marrow Transplant Program at Tufts Medical Center in Boston in October 2012. Steve is still happy seeing kids at Mass. General West.”

**'93 Ingrid Martinez-Andree** writes: “At Children's Primary Care Medical Group and Rady Children's Hospital in San Diego, Calif. for almost 15 years. No more horseback riding or volleyball though played all through residency and even as an attending. Lots and lots of gardening — roses and daffodils! Still remember the following from med school: Bruce Fonda playing hockey with Peter and Brad, and Bruce Fonda winning several intramural volleyball games with Owen and Russell and Helain and Marcie, Mark DeMateo and Skippy singing “Get an A-I”, Lobster Fest and Dinosaur cake! Being voted “Most Likely to Ride Off into the Sunset” and Dr. Thanassi in biochem being the unofficial class photographer. Snowball fight during the first year during a fire drill.”

**'96 Stephen Vogt** and his wife, Christine (UVM Class of 1990), “live a well-balanced life in Hood River, Oregon.” When not working, they enjoy time with their son Ripley, age 4½, windsurfing, biking and working on their mini farm.

**'97 Holly Beeman Nath** reports: “I look forward to reconnecting with class of 1997 friends in September. Jackie Jeruss, Ana Domingues, Charlotte Ariyan, Jen Gilwee, Julie Smail, Wendy Hawks. Will gather to reminisce during a weekend get away with no kids, no patients and plenty of laughs.”

**'98 Halleh Akbarnia**, an attending emergency physician at Presence Saint Francis Hospital in Evanston, Ill., received the Early Achievement Award at the College of Medicine's Reunion 2013. Prior to joining Saint Francis Hospital, she was assistant medical director at her residency program, Virginia Commonwealth University Medical Center-Virginia Commonwealth University Health System in Richmond, Va., and was named “Teacher of the Year” in 2005 by the residents there.

**Joyce M. Dobbertin** received the College of Medicine's Service to Medicine & Community Award at Reunion 2013. She is a family physician at Corner Medical Office at Northeastern Vermont Regional Hospital (NVRH) in St. Johnsbury, Vt. In addition to being a dedicated and active member of her local community, she has for the last several years served as Volunteer Medical Director for two weeks each year at the Hillside Medical Clinic in Punta Gorda, Belize, and performed similar volunteer work in Kingston and throughout Jamaica.

**Anne Griffith Hartigan** writes: “Still enjoying Michigan, close to family. Elizabeth, age eight, and Benjamin, age five, keep us busy and laughing. I practice musculoskeletal medicine at University of Michigan.”

**'99 Jason Cook** reports: “Settled down in Southern California, working in the PICU of Children's Hospital of Orange County and playing at home with three lovely ladies (wife Sonia and daughters Isabella and Roxana). Enjoy the beach days in January but miss many things about New England.”

2000s  
REUNION 2014: 2004 + 2009

**'00 Laura Trask** reports: “Practicing endocrinology in Lewiston, Maine. Our daughter, Mabel, just finished kindergarten.”

**'03 Omar Khan** received the College of Medicine's Service to Medicine & Community Award at Reunion 2013. Khan, who also holds a master's in health science from Johns Hopkins School of Public Health, is medical director of Preventive Medicine & Community Health and director of the Global Health Residency Track at Delaware's Christiana Care Health System.

**'04 Nicole Piscatelli** writes: “I completed my surgical critical care training at Boston Medical Center and have relocated to Phoenix, Ariz. where I am working as a trauma surgeon and surgical critical care internist. If any alums are in the area give me a call!”

Development News

Annette R. Plante, Daughter of Class of 1915 Alum, Funds Scholarship

A diversity scholarship fund at the UVM College of Medicine, established by Annette R. Plante in 2008, will receive an additional \$198,000 thanks to a generous will provision she established. Annette, the daughter of College of Medicine alum Ulric R. Plante, Class of 1915, created the scholarship to honor her father and her brother, Joseph Plante, a UVM alum from the Class of 1955. The Dr. U.R. and Joseph Plante Endowed Scholarship Fund supports medical students “with financial need who help advance the UVM College of Medicine's goal of creating a diverse community.” In her late 80s when she died in February of 2012, Annette Plante's will provision ensures the scholarship fund will continue to help generations of students achieve their goals.

The Plante family has a strong presence at the College: Annette also honored her father in 2007 through the naming of the Plante Student Lounge off the Given Courtyard. Thanks to her generosity, students enjoy a space to study, relax and chat with classmates, cook a snack, or watch some television. Dr. Plante practiced medicine for over 60 years; it is believed he delivered some 10,000 babies in rural northern New York over the course of his career. He cited his days at the College of Medicine as holding some of his fondest memories.



Ulric R. Plante, M.D.1915

Bequest Adds to Fund Honoring Harry Anton, M.D. '40

A generous bequest from Evelyn Anton, who died at the age of 92 in July of 2011, has added \$200,000 to a fund established in memory of her husband, Harry Anton, M.D. '40. The endowed fund was established in 1987 by Evelyn and her son, Ray Anton, M.D., a member of the Class of 1970, to honor the elder Dr. Anton. A general surgeon by training, Dr. Harry Anton also served during his career as a general practitioner in his community. Ray Anton, an anesthesiologist, carried on the family's spirit of involvement at the College; he is a past president of the Medical Alumni Association and serves as a class agent. His parents, Evelyn and Harry, married in 1942; for many years she served as a nurse and office manager at his practice in Palmer, Mass.



Ray Anton, M.D.'70, center, speaks with Marvin Neirenberg, M.D.'60, left, and Shane Jacobson of the UVM Foundation, right, at Reunion 2012.

Reunion Giving 2013

The Celebration of Achievements during Medical Reunion May 31–June 2 honored the Class of 1963 in their 50th anniversary year by introducing class members in attendance and presenting each individual with a medal. The College also celebrated the generosity of alumni from all of the class years; they collectively raised \$740,781 to support student scholarship and medical education at their alma mater. John Murray, M.D.'63 and Alan Walker, M.D.'63 presented Dean Rick Morin a check at the ceremony on May 31.



Dean Rick Morin, left, accepts a check representing all alumni reunion giving during the Celebration of Achievements at Reunion 2013. Presenting the check are Class of 1963 class agents Alan Walker, M.D., center, and John Murray, M.D., right.

College of Medicine Marathon Team Raises Funds for Steps to Wellness

This year's College of Medicine marathon team braved a cold and rainy day May 26 to run the Vermont City Marathon in support of cancer survivors who are participants in the Steps to Wellness program. More than 70 people made up the team, which included 13 full marathoners, 20 half marathoners, and about 40 individuals running a leg on one of the College's relay teams. A total of 45 UVM medical students, eight graduate students, 10 faculty/staff members, one current Steps to Wellness patient, and several friends and family members participated on the team, which collectively raised more than \$24,000 to benefit Steps to Wellness, a medically based rehabilitation program for cancer survivors. Class of 2016 medical students Sabrina Bedell, Tara Higgins, and James Levins IV served as co-leaders for this year's team. Fletcher Allen Health Care marathon teams also raised money for Steps to Wellness.



The College of Medicine 2013 Marathon Team

*“I had run VCM as a marathoner for five years before and when I found out in January I'd need surgery and then chemotherapy I was crushed to think I wouldn't be doing this year's marathon (this is how we runners think!). Steps to Wellness was that small shining star that allowed me the avenue to stay active but also, to my surprise, offered this chance to be a part of the 25th VCM. I am so very pleased to be offered this chance and the program (in my third week) has been amazing for me.”*

— **Brian Hard,**  
Marathon Team member and  
Steps to Wellness participant





**'05 Rich Parent** reports: "I drove up to the San Francisco Bay Area to reunite with another UVM College of Medicine grad and close friend who got married last November back in Vermont. We celebrated her wedding on the West Coast at her sister's house in Menlo Park. The attendees were: Rich Parent '05 and wife Kelly Parent; Gulnar Odera '08; Michael Hart '12; Eleonore Werner '12; Annie Coates '07 and new husband Tim Connolly; Anne Kierny '06."

**'06 Liz Lycett** is "Still in Rochester, N.Y., and about to start my chief residency, then likely a year at geriatrics. I'll keep you posted when I hit the primary care market, likely in two years!"

**'08 Alyssa Wittenberg** writes: "I joined the faculty at USC after residency and I am busy opening a new OB/GYN practice. I will be getting married this summer in Grafton, Vermont! My fiancé and I could not be more excited."

**'10 Justin Stinnett-Donnelly**, a resident at Fletcher Allen Health Care, led a group that gave a research presentation at the Association of American Medical Colleges Integrating Quality: Improving Value and Educating for Quality meeting in June in Rosemont, Ill. The group presented on Fletcher Allen's "Choosing Wisely" campaign to reduce limited value diagnostic testing.

Ph.D. NOTES

**'95 Brian Foley** writes: I work for the HIV Genetic Sequence and Immunology Databases at Los Alamos National Laboratory, primarily tracking the epidemiology and molecular evolution of HIV for aid in vaccine design. I correspond with HIV/AIDS researchers all over the world, and I have traveled to South Africa, Switzerland, Portugal, The Netherlands, India, South Korea and Serbia to teach HIV researchers how to characterize HIV strains they have isolated from their patients. The early years of my research, 1995 to 1997, were very depressing, reading about the deaths of thousands of AIDS patients as the early drug monotherapies failed. But combinations of drugs and especially the addition of the protease inhibitor class of drugs has resulted in near normal lifespans for most HIV-infected people today who have

access to treatment. Vaccines to cover the diversity of all HIV strains have proven very difficult, but much progress is being made.

**'00 Malcolm Schinstine** reports: "Moved to Calgary, AB in January — Department of Pathology & Laboratory Medicine at University of Calgary. Welcome anyone who wants to visit— we are near Banff!"

**'06 Joshua Farb** is currently working as a research and development biochemist for AbbVie Biotech. He specializes in protein purification and characterization for their antibody drug development pipeline. He is currently expanding his group by developing a new antibody safety assay that will be used for all antibody drug candidates. Josh and Melissa Gove Farb (UVM Department of Nutrition and Food Sciences 2003) married in 2009 and are expecting their first child in August of this year.

2013–2014  
CONTINUING MEDICAL EDUCATION  
CONFERENCE SCHEDULE

**Jeffords Quality Care Symposium**  
September 6, 2013  
Sheraton Hotel  
Burlington, Vt.

**Primary Care Sports Medicine**  
September 25–27, 2013  
Sheraton Hotel  
Burlington, Vt.

**Imaging Seminar**  
September 27–29, 2013  
Sheraton Hotel  
Burlington, Vt.

**Breast Cancer Conference**  
October 4, 2013  
Sheraton Hotel  
Burlington, Vt.

**Critical Care Conference**  
October 17–19, 2013  
The Essex  
Essex Junction, Vt.

**Northern New England Neurological Society Annual Meeting**  
October 25–26, 2013  
North Conway Grand Hotel  
North Conway, N.H.

**Neurology for the Non-Neurologist**  
October 25, 2013  
North Conway Grand Hotel  
North Conway, N.H.

**Bridging the Divide**  
November 8, 2013  
Hampton Inn  
Colchester, Vt.

**25th Annual Eastern Winter Dermatology Conference**  
January 17–20, 2014  
Topnotch Hotel  
Stowe, Vt.

**Emergency Medicine Update**  
January 26–29, 2014  
Stowe Mountain Lodge  
Stowe, Vt.

**23rd Annual Current Concepts & Controversies in Surgery**  
January 27–29, 2014  
Stowe Mountain Lodge  
Stowe, Vt.

**Hospital Medicine 2014**  
February 6–9, 2014  
Stoweflake Hotel & Spa  
Stowe, Vt.

**19th Annual Vermont Perspectives in Anesthesia**  
March 5–9, 2014  
Stowe Mountain Lodge  
Stowe, Vt.

FOR INFORMATION CONTACT:

**University of Vermont Continuing Medical Education**  
128 Lakeside Avenue, Suite 100  
Burlington, VT 05401  
(802) 656-2292  
[www.uvm.edu/medicine/cme](http://www.uvm.edu/medicine/cme)

CALLING ALL PH.D.S!

The Graduate Alumni committee of the UVM College of Medicine seeks more news from Ph.D. graduates of the College to share with their fellow community members in the pages of *Vermont Medicine*. Send your news to [medalumni.relations@uvm.edu](mailto:medalumni.relations@uvm.edu) or call (802) 656-4014. No need to write another dissertation — just a brief catch-up for your old friends and former faculty on where you are, and what you're doing!

FLASHBACK



That 70s Show

Maybe it's the sideburn-and-full-beard quotient, or the level of plaid, but this photo (whose label identifies its subjects as students in the Given Building Hall A) screams "1970s." Bruce R. MacPherson, M.D.'67, now an associate professor emeritus, leads the class. Note the Kodak Carousel and Bell & Howell projectors by the rear wall. This shot was either "flopped" when originally printed, as the window-wall of Hall A was on the right of the seated audience, or it may actually have been taken in the slightly smaller Hall B. Hall A survived until renovations in the Given Building in 2012. Hall B was renovated into office space a few years earlier. Medical students today attend lectures in the Sullivan Classroom. Do you recognize yourself, or anyone else in this photo? Send in your IDs to [edward.neuert@uvm.edu](mailto:edward.neuert@uvm.edu) and we will include them in a future issue of *Vermont Medicine*.



◀ The Flashback photo in the previous issue of *Vermont Medicine* [at left] brought in two quick and definitive responses from Class of 1954 members Edmund "Mickey" McMahon, M.D., Les Gaelen, and Michael Wiedman, M.D. They pointed out that the photo shows, left to right, 1954 classmates George Economos, Wendell Smith, David Shea, Sarita Goodman, John Tampas, Les Gaelen, Manfred Goldwein, Herbert Sillman, and Marvin Silk.



# Class Agent Directory

Class agents are dedicated alumni who volunteer their time to serve as the voice of their classmates at the College of Medicine, and who work to encourage support of the College each year. Agents help deliver information to their far-flung friends about the ongoing work of the College, and at the same time help their medical alma mater keep abreast of the news and views of their class. If you would like to learn more about serving as a class agent, contact **Cristin Gildea** at **[802] 656-4014** or **Cristin.Gildea@uvm.edu**.

- '43 Francis Arnold Caccavo, 51 Thibault Parkway, Burlington, VT 05401, [802] 862-3841, drcac@verizon.net  
Carleton R. Haines, 88 Mountain View Road, Williston, VT 05495, [802] 878-3115
- '44 Wilton W. Covey, 357 Weybridge Street, Middlebury, VT 05753, [802] 388-1555
- '45 Robert E. O'Brien, 414 Thayer Beach Road, Colchester, VT 05446, [802] 862-0394, drreobrien@aol.com  
H. Gordon Page, 9 East Terrace, South Burlington, VT 05403, [802] 864-7086
- '46 Please email **medalumni.relations@uvm.edu** if you'd like to serve as 1946 class agent.
- '47 Edward Crane, MD '47, P.O. Box 1799, Frisco, CO, 80443
- '48 S. James Baum, 1790 Fairfield Beach Road, Fairfield, CT 06430, [203] 255-1013, baum@optonline.net
- '49 Joseph C. Foley, 32 Fairmount Street, Burlington, VT 05401, [802] 862-0040, jcfoley@adelphia.net  
Edward S. Sherwood, 24 Worthley Road, Topsham, VT 05076, [802] 439-5816, lois@vermontel.net
- '50 Simon Dorfman, 8256 Nice Way, Sarasota, FL 34238, [941] 926-8126



Class agents Jay Selcow, M.D.'59 and James Hebert, M.D.'77.

- '51 Edward W. Jenkins, 7460 South Pittsburg Ave., Tulsa, OK 74136 , [918] 492-7960, DrEWJmd@aol.com
- '52 Arthur Kunin, 226 Windmill Bay Road, Shelburne, VT 05482, [802] 985-5410, akunin@uvm.edu  
Arthur Perelman, 165 Woodland Ave., Summit, NJ 07901, [908] 277-6454, ajperelman@verizon.net
- '53 Please email **medalumni.relations@uvm.edu** if you'd like to serve as 1953 class agent.
- '54 John E. Mazuzan, Jr., 366 South Cove Road, Burlington, VT 05401, [802] 864-5039, mazuzan@burlingtontelecom.net
- '55 Richard Bailey, 2100 Lambiance Circle, Apt 201, Naples, FL 34108, rhbtoo@gmail.com
- '56 Ira H. Gessner, 1306 Northwest 31st Street, Gainesville, FL 32605, [352] 378-1820, gessnih@peds.ufl.edu
- '57 Larry Coletti, 34 Gulliver Circle, Norwich, CT 06360, [860] 887-1450
- '58 Peter Ames Goodhue, Stamford Gynecology, P.C., 70 Mill River Street, Stamford, CT 06902, [203] 359-3340
- '59 Jay E. Selcow, 27 Reservoir Road, Bloomfield, CT 06002, [860] 243-1359, jeselcow@comcast.net
- '60 Marvin A. Nierenberg, 15 West 81st Street, New York, NY 10024, [212] 874-6484, mnierenbergmd1@verizon.net  
Melvyn H. Wolk, Clinton Street, P.O. Box 772, Waverly, PA 18471, [570] 563-2215, melliemar@aol.com
- '61 Wilfred L. Fortin, 17 Chapman Street, Nashua, NH 03060, [603] 882-6202, willy410@aol.com
- '62 Ruth Andrea Seeler, 2431 North Orchard, Chicago, IL 60614, [773] 472-3432, seeler@uic.edu
- '63 John J. Murray, P.O. Box 607, Colchester, VT 05446, [802] 865-9390, jackjmurray@aol.com  
H. Alan Walker, 229 Champlain Drive, Plattsburgh, NY 12901, [518] 561-8991, awalker8991@charter.net

- '64 Anthony P. Belmont, 211 Youngs Point Road, Wiscasset, ME 04578, [207] 882-6228, apbfacp@gmail.com
- '65 George A. Little, 97 Quechee Road, Hartland, VT 05048, [802] 436-2138, george.a.little@dartmouth.edu  
Joseph H. Vargas III, 574 US Route 4 East, Rutland, VT 05701, [802] 775-4671, jvargasmd@aol.com
- '66 Robert George Sellig, 31 Overlook Drive, Queensbury, NY 12804, [518] 793-7914, rsellig@aol.com  
G. Millard Simmons, 650 Mystic Point Drive, Sun City Hilton Head, Bluffton, SC 29909, [843] 705-2264, millro@comcast.net
- '67 John F. Dick II, P.O. Box 60, Salisbury, VT 05769, [802] 352-6625
- '68 David Jay Keller, 262 Maplewood Common, Moretown, VT 05660, [802] 496-2623, dknk60@wcvr.com  
Timothy John Terrien, 14 Deerfield Road, South Burlington, VT 05403, [802] 862-8395  
Todd Gladstone, tmg45@aol.com
- '69 Susan Pitman Lowenthal, 200 Kennedy Drive, Torrington, CT 06790, [860] 597-8996, susan\_w\_pitmanlowenthal@pfizer.com
- '70 Raymond Joseph Anton, 1521 General Knox Road, Russell, MA 01071, [413] 568-8659, ray@rayanton.com  
John F. Beamis, Jr., 1296 Kapiolani, Apt. 1605, Honolulu, HI 96814, jbeamis@gmail.com
- '71 Wayne E. Pasanen, 117 Osgood Street, North Andover, MA 01845, [978] 681-9393, wpasanen@lowellgeneral.org  
Edwin G. Singesen, 439 Indian Avenue, Portsmouth, RI 02871, [401] 849-6482, csingsen@cox.net
- '72 F. Farrell Collins, Jr., 205 Page Road, Pinehurst, NC 28374, [910] 295-2429
- '73 James M. Betts, 715 Harbor Road, Alameda, CA 94502, [510] 523-1920, jbetts@mail.cho.org  
Philip L. Cohen, 483 Lakewood Drive, Winter Park, FL 32789, [407] 628-0221, plcret@aol.com  
Suzy Parker, lifeform22@aol.com
- '74 Douglas M. Eddy, 5 Tanbark Road, Windham, NH 03087, [603] 434-2164, dhkaeddy@att.net  
Cajsa Schumacher, 78 Euclid Avenue, Albany, NY 12203, cajsa.schumacher@gmail.com
- '75 Ellen Andrews, 195 Midland Road, Pinehurst, NC 28374, [910] 295-6464, elland@mindspring.com
- '76 Don P. Chan, Cardiac Associates of New Hampshire, Suite 103, 246 Pleasant Street, Concord, NH 03301, [603] 224-6070, dpcn@aol.com
- '77 James C. Hebert, 583 Stockbridge Road, Charlotte, VT 05445, james.hebert@vtmednet.org  
Mark A. Popovsky, 22 Nauset Road, Sharon, MA 02067, [781] 784-8824, mpopovsky@haemonetics.com
- '78 Paul McLane Costello, Essex Pediatrics, Ltd., 89 Main Street, Essex Junction, VT 05452, [802] 879-6556, pmcost@aol.com



Class agent Rebecca Brakeley, M.D.'09

- '79 Sarah Ann McCarty, smccarty@aucmed.edu  
Dennis Plante, dennis.plante@vtmednet.org
- '80 Richard Nicholas Hubbell, 80 Summit Street, Burlington, VT 05401, [802] 862-5551, rich.hubbell@vtmednet.org
- '81 Bruce Leavitt, 312 Four Sisters Road, South Burlington, VT 05403, bjleavitt@comcast.net  
Betsy Sussman, 325 Dorset Heights, South Burlington, VT 05403, betsysussman@hotmail.com  
Louis Polish, 11 Vale Drive, South Burlington, VT 05403, louis.polish@vtmednet.org
- '82 Diane Rippa, drippa82@gmail.com
- '83 Diane M. Georgeson, 2 Ravine Parkway, Oneonta, NY 13820, [607] 433-1620, dgeorgeson@stny.rr.com  
Anne Marie Massucco, 15 Cedar Ledge Road, West Hartford, CT 06107, [860] 521-6120, anniemass@comcast.net
- '84 Richard C. Shumway, 34 Coventry Lane, Avon, CT 06001, [860] 673-6629, rshumway@stfranciscare.org
- '85 Vito Imbasciani, vito.uromd@gmail.com  
Suzy Frisch, sgfrisch@aol.com
- '86 Darrell Edward White, 29123 Lincoln Road, Bay Village, OH 44140, [440] 892-4681, darrellwhite@mac.com
- '87 J. Michael Jaeger, Grove Road, Charlottesville, VA 22901, all5jaegers@earthlink.net  
Jeffrey Rosenblatt, 11 McQuillans Hill Drive, Gorham, ME 04038, jeffrey\_rosenblatt@yahoo.com  
Helene Goldsman, 105 Pamunkey Turn, Yorktown, VA 23693, goldsmanh@aol.com
- '88 H. James Wallace III, 416 Martel Lane, St. George, VT 05495, [802] 872-8533, james.wallace@vtmednet.org  
Lawrence I. Wolk, 5724 South Nome Street, Greenwood Village, CO 80111, [303] 771-1289, lwolk@corhio.org
- '89 Peter M. Nalin, 13216 Griffin Run, Carmel, IN 46033, [317] 962-6656, pnalin@mac.com
- '90 Barbara Angelika Dill, 120 Hazel Court, Norwood, NJ 07648, [201] 767-7778, dillsmiths@optonline.net
- '91 John Dewey, 15 Eagle Street, Cooperstown, NY 13326, johndewman@hotmail.com
- '92 Mark Eliot Pasanen, 1234 Spear Street, South Burlington, VT 05403, [802] 865-3281, mark.pasanen@vtmednet.org
- '93 Joanne Taplin Romeyn, 22 Patterson Lane, Durham, CT 06422, [860] 349-6941, jtromeyn@hotmail.com  
Brad Watson, rbradwatson@yahoo.com
- '94 Holliday Kane Rayfield, P.O. Box 819, Waitsfield, VT 05673, [802] 496-5667, rayfieldvt@yahoo.com
- '95 Allyson Miller Bolduc, 252 Autumn Hill Road, South Burlington, VT 05403, [802] 863-4902, allyson.bolduc@vtmednet.org
- '96 Anne Marie Valente, 66 Winchester St., Apt. 503, Brookline, MA 02446, anne.valente@cardio.chboston.org  
Patricia Ann King, 832 South Prospect Street, Burlington, VT 05401, [802] 862-7705, patricia.king@vtmednet.org
- '97 Julie Smail, 390 Bridge St., South Hamilton, MA 01982, [978] 468-1943 , chinook41@hotmail.com
- '98 Halle Akbarnia, 2011 Prairie Street, Glenview, IL 60025, [847] 998-0507, hakbarnia@gmail.com
- '99 Everett Jonathan Lamm, 11 Autumn Lane, Stratham, NH 03885, [603] 580-2666, ejlamm@aap.net  
Deanne Dixon Haag, 4215 Pond Road, Sheldon, VT 05483, [802] 524-7528
- '00 Jay Edmond Allard, USNH Yokosuka, PSC 475 Box 1757, FPO, AP 96350, jeallard@pol.net  
Michael Jim Lee, 71 Essex Lane, Irvine, CA 92620, michael.j.lee1681@yahoo.com  
Naomi R. Leeds, 305 Third St. #204, Cambridge, MA 02142, nleeds@partners.org

- '01 Ladan Farhoomand, 7077 Heron Circle, Carlsbad, CA 92001, [760] 331-7151, ladanmd@gmail.com  
Joel W. Keenan, Greenwich Hospital, Five Perryridge Road, Greenwich, CT 06830, joelkeen@hotmai.com  
JoAn Louise Monaco, 1034 Fifth Avenue, New York, NY 10028, [212] 988-7788, joanlmonaco@aol.com
- '02 Jonathan Vinh Mai, 504 Gaffney Road, Bristol, TN 37620, [570] 275-4681, jonathan.mai@wellmont.org  
Kerry Lee Landry, [919] 732-9876, klandry@developingmindsnc.com  
Mary O'Leary Ready, readcamp@gmail.com  
Maureen C. Sarle, maureensarle@yahoo.com
- '03 Omar Khan, 33 Clearwater Circle, Shelburne, VT 05482, [802] 985-1131, omar.khan@vtmednet.org  
Scott Goodrich, 309 Barben Avenue, Watertown, NY 13601, scott.goodrich1@yahoo.com
- '04 Jillian S. Sullivan, jilliangeider@hotmail.com  
Steven D. Lefebvre, fabulous5lefebvre@hotmail.com
- '05 Julie A. Alosi, julie.alosi@vtmednet.org  
Richard J. Parent, richparent@gmail.com
- '06 William C. Eward, 101 Wood Valley Corner, Durham, NC 27713, eward002@mc.duke.edu  
Deborah Rabinowitz Abrams, 2777 Noll Valley Loop NE, Poulsbo, WA 98370, Deborah.rabinowitzabrams@gmail.com
- '07 Allison Collen, acolleen15@gmail.com  
Scot Millay, Scot.Millay@bhs.org  
Anne Coates, acoates67@gmail.com
- '08 Mark Hunter, 21 Lindenwood Drive, South Burlington, VT 05403, marks.email@mac.com  
Alyssa Wittenberg, 1800 N. Normandie Ave. #303, Los Angeles, CA 90027, alyssa.wittenberg@gmail.com  
Ashley Zucker, 2209 Albany Street, Durham, NC 27705, AshleyZucker@gmail.com
- '09 Rebecca Brakeley, rebeccabrakeley@gmail.com  
Kate Murray Mitchell, kmitchell12@cha-ma.com  
Campbell Stewart, campbell.stewart@gmail.com
- '10 Michael Alavian, michael.alavian@yahoo.com  
Pei Chen, justpei8448@gmail.com  
Heidi Schumacher, heidi.schumacher@gmail.com
- '11 Carrie Moats, caroline.moats@gmail.com  
Nicholas Aunchman, Nicholas.aunchman@gmail.com
- '12 Melissa Marotta Houser, melissa.m.houser@gmail.com  
Auna Leatham, auna.leatham@gmail.com  
Meghan Beucher, m Meghan.beucher@gmail.com  
Martha Choate Monson, martha.monson@hsc.utah.edu
- '13 Shetal Patel, Shetal.Patel@uvm.edu  
Idil Aktan, iaktan@gmail.com  
Lizzie Anson, lizzie.anson@gmail.com





View Highlights of the celebration of Achievements that formally opened Reunion 2013.  
Go to: [uvm.edu/medicine/vtmedicine](http://uvm.edu/medicine/vtmedicine)



## CLASS REUNIONS

'58

55TH Reunion



'63

50TH Reunion



'83

30TH Reunion



'88

25TH Reunion



'98

15TH Reunion



# REUNION 2013 REUNITED!

Alumni of the College of Medicine traveled far and wide to attend Reunion 2013, May 31 to June 2. All told, the attendees represented 25 states plus Canada. Alumni came from as far away as Hawaii, Washington, California, New Mexico, Colorado, and Minnesota to reconnect with their classmates and former teachers, and visit familiar and new areas of the campus. The oldest class represented was the Class of 1948, with two members attending, and the youngest alumni were from the Class of 2003. Over 30 current medical students took part in reunion this year, mingling with and meeting their predecessors on tours and over meals.

If you're in a class that ends in 4 or 9, mark your calendar for  
**REUNION 2014: JUNE 6–8, 2014!**



**'42 Frank E. Harrigan Jr., M.D.**  
Dr. Harrigan died May 8, 2013. He was 93. Born in Lewiston, Maine, on April 13, 1917, he grew up in West Hartford, Conn. He earned his undergraduate and medical degrees from the University of Vermont, and was a member of UVM's first ski team. While at UVM, he obtained his private pilot's license, beginning an avocation that lasted the rest of his life. From 1942 to 1943, Dr. Harrigan was an intern at Walter Reed Army Hospital in Washington, D.C. prior to overseas combat duty as a medical officer in the 5th AAF in the Southwest Pacific through the end of World War II. He was briefly stationed in Japan following the end of conflict. In 1947, Dr. Harrigan resigned his commission with the rank of major to pursue a career as a civilian physician. He moved to Manchester in 1948 and established a private medical practice that he continued for the next forty years. He enthusiastically embraced the challenges of rural medicine, and quietly gained the reputation from his peers as one of the best diagnosticians in northern New England. During the 1950s and into the 1970s he was the principal provider of care for ski injuries from Bromley and Snow Valley. He was also an FAA certified Aviation Medical Examiner, and helped found the Regional Medical Examiner system for Vermont, in which he served throughout most of his career. He was an active staff member of the Putnam Memorial Hospital in Bennington from 1948 to 1982, and an honorary member after that. At the time of his passing he was the oldest licensed physician in the state of Vermont. He served as medical officer for the Vermont Wing of the Civil Air Patrol for over twenty years at the rank of lieutenant colonel.

**'53 George H. Collins, M.D.**  
Dr. Collins died February 23, 2013, at his home in Skaneateles, N.Y., after a short illness. He was born in Albany, N.Y., in 1927. He earned his undergraduate

and medical degrees from the University of Vermont, and served for two years with the Army, first as a General Medical Officer and then as the neurologist at the 5th General Hospital in Stuttgart, Germany. After returning to the United States and completing a residency in pathology at Massachusetts General Hospital (MGH), and a fellowship in neuropathology at MGH and Harvard Medical School, Dr. Collins joined the pathology faculty at the University of Florida Medical School. During his tenure there he established a new section of neuropathology and created a fully equipped laboratory of electron microscopy. He was also awarded the Distinguished Professor Award for his teaching contributions. After 11 years, Dr. Collins left Florida and accepted a position as professor of pathology at Upstate Medical Center in Syracuse, N.Y., where he remained until his retirement in 1996. Dr. Collins was a member of four NIH study sections, served on the editorial board of a neuropathology journal, and published nearly 100 scientific articles related to brain structure and pathology and to spinal cord injury. In retirement he was actively involved in a study of the pathology of consciousness.

**'58 Daniel James "Jim" Hanson, M.D.**  
Dr. Hanson died March 25, 2013, at Tampa General Hospital. Born June 18, 1929, in St. Clair, Mich., he grew up in Calais, Maine. He received a Bachelor of Science degree from Muhlenberg College in 1950, and served for three years as a captain in the United States Army. From 1962 to 1965, he was a faculty member in the radiology department at the University of Kentucky Hospital. He then served as a radiologist at Roger Williams Hospital and Rhode Island Hospital in Providence while also holding a faculty position at Brown University. From 1981 until his retirement in 1994, Dr. Hanson was Rhode Island Hospital Radiologist-in-Chief, and from

1987 to 1989 he was president of the Rhode Island Hospital Medical Staff Association. He also authored many peer-reviewed scientific papers. Dr. Hanson's professional affiliations included the Eastern Radiological Society, the European Pediatric Radiology Society and the Radiological Society of North America. Jim served on numerous boards, including those of St. Andrew's School, Emma Pendleton Bradley School, Rhode Island Magnetic Imaging and Rhode Island Hospital. He was a resident of Barrington, R.I. from 1966 to 2012.

**'59 Howard Randall "Randy" Deming, M.D.**  
Dr. Deming died May 5, 2013. Born in St. Albans, Vt., on April 8, 1932, he attended Bellows Free Academy in St. Albans and later entered the Hotchkiss School in Lakeville, Conn., as a post-graduate scholarship student. He graduated from Dartmouth College in Hanover, N.H., in 1955, before earning his medical degree from the College of Medicine. He completed internship and residency training in radiology at the University Hospital in Burlington and the Boston Children's Hospital in Boston, Mass. He then entered the U.S. Navy as attending radiologist at the U.S. Naval Hospital in Jacksonville, Fla., where he practiced for two years under the Berry Plan. Upon completion of his tour, he joined the Maine Medical Center Department of Radiology in the summer of 1965. During his thirty years of active practice at Maine Medical, he taught residents, served on multiple committees and chaired the department from 1984 to 1987. He was a member of the American Medical Association, Radiological Society of North America, American College of Radiology, and Maine Medical Association.

**'60 Lawrence Schine, M.D.**  
Dr. Schine died April 21, 2013, in Florida. He was 78. Born in 1934 in Connecticut, he was a graduate of Harvard University and

the UVM College of Medicine, and practiced as a medical doctor in Miami Beach, Fla., for many years. He spent his retirement years in the Berkshires of Massachusetts.

**FACULTY**

**Burton E. Sobel, M.D.**  
Dr. Sobel died at his home in Colchester, Vt., on May 3, 2013. He received his M.D. at Harvard, graduating magna cum laude in 1962. He completed his internship and residency training at the Peter Bent Brigham Hospital in Boston, and his fellowship training at the National Heart, Lung, and Blood Institute, followed by academic and administrative leadership positions at the University of California, San Diego, Washington University and Barnes Hospital in Saint Louis (Director, Cardiovascular Division). In 1994, Dr. Sobel began serving as Chair of the Department of Medicine and the E.L. Amidon Professor of Medicine at the UVM College of Medicine. His vision and energy revitalized the Department of Medicine, expanding its research endeavors, education programs and clinics. During his tenure as chair, Dr. Sobel created the Cardiovascular Research Institute at the UVM and Fletcher Allen Health Care to enhance the research mission of both institutions, and in 2005 left his position as Chair to become the institute's first director. He continued to serve as a professor of medicine and biochemistry, earning the E.L. Amidon Award for Teaching Excellence in 2007, and being named a University of Vermont Distinguished University Professor in 2009. Dr. Sobel was internationally recognized as a leader in cardiovascular medicine. He pioneered groundbreaking research in cardiology that had a major impact on how heart attack patients are treated, including extensive research on the dissolution of blood clots and heart disease in patients with type 2 diabetes. He was the recipient of numerous prestigious awards



Burton E. Sobel, M.D., in 2009.

including a Research Career Development Award from the National Institutes of Health and a Distinguished Scientist Award from the American College of Cardiology, and was a leader in subspecialty societies including the American College of Cardiology, the American Heart Association, and the Society for Experimental Biology and Medicine. He had more than 800 manuscripts published, and edited major cardiovascular and medical scientific journals.

*There will be a celebration of the life of Dr. Sobel at the Ira Allen Chapel on the UVM campus on October 11 at 10 a.m.*

**'58 Edgar J. Caldwell III, M.D.**  
Dr. Caldwell died on November 25, 2012. He was 79 years old. He lived most recently in Bolton, Mass. He graduated from Pinkerton Academy in 1950 and graduated from the University of New Hampshire in 1954, before coming to the College of

Medicine. Dr. Caldwell completed internal medicine training at the Mary Fletcher Hospital. He was a member of the United States Public Health Service serving at the National Institutes of Health from 1963 through 1966, following which he returned to the University of Vermont as an assistant professor of medicine, Department of Medicine, College of Medicine in the cardiology division, having been selected as a career development awardee of the NIH. He left the College of Medicine in 1971 to become the director of pulmonary medicine and respiratory medicine at the Maine Medical Center (MMC) in Portland, Maine, until 1982. At MMC he was a member of the Pediatric Cystic Fibrosis Team from 1971 through 2002 and was director and founder of the Adult Cystic Fibrosis Clinic. Dr. Caldwell's desire to continue to care for those with cystic fibrosis led him to complete the MMC adult psychiatry residency program in 2003 and the child and adolescent psychiatry training


program in 2008. He practiced locum tenens adult, child and adolescent psychiatry in Maine and Massachusetts and most recently at the Family Services Inc., in Lawrence, Mass.

**'60 Philip G. Whitney, M.D.**  
Dr. Whitney died at home in Scarborough, Maine, on May 29, 2013 from pancreatic cancer. He was 79. He grew up in West Lebanon, N.H. He attended both college and medical school at the University of Vermont. After graduating with his M.D., he completed his internship at Strong Memorial Hospital in Rochester, N.Y., and his internal medicine residency at University of Washington Hospital in Seattle, Washington. He served as Captain in the US Army at the 21st Evacuation Hospital in Augsburg, Germany, from 1964 to 1966. Dr. Whitney began private practice in the Biddeford/Saco area of Maine in 1966 and the following year joined the Vaughan Street Internal Medical practice in Portland, where

he practiced until his retirement in 1997. He was on the medical staff at Maine Medical Center and the Mercy Hospital for thirty years. While at Maine Medical Center, he was Director of the Division of Internal Medicine from 1983–1993 and Medical Director of Nutrition Support Services 1987–1997. He was active in teaching medical interns and residents at Maine Medical Center during his entire career, receiving Maine Medical Center's Teacher of the Year in 1971 and 1976. He served as Assistant Professor of Clinical Medicine at Tufts University School of Medicine 1970 to 1982 and associate professor of clinical medicine at the College from 1982 to 1997.

*We note with sadness the passing on July 12, 2013 of Doreen Freeman who, along with her late husband, Houghton, was one of the strongest supporters of the College and of medical education in Vermont. An appreciation the Freemans will appear in the next issue of Vermont Medicine.*



A photograph of three men in suits sitting in an audience. The man in the center is older, with white hair and glasses, wearing a light orange shirt and a striped suit jacket. He has a white boutonniere on his lapel and a name tag that reads "Arthur J. Perelman, M.D.". The man on the left is younger, with dark curly hair and glasses, wearing a dark suit and a blue patterned tie. The man on the right is middle-aged, wearing a brown suit and a red tie. They are all looking towards the left of the frame. The background is blurred, showing other people in the audience.

June 22, 2013

11:52 a.m.

Arthur J. Perelman, M.D.'52 (center) and his sons Robert, left, and Jon, right, listen to speakers commemorating the establishment by the Perelman family and friends of a \$1 million endowment at the Vermont Cancer Center to fund the Charlotte E. Perelman Cancer Research Fund, named in memory of Dr. Perelman's late wife.

photograph by **Jeff Clarke**



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'69, '74, '79, '84, '89, '94, '99, '04 & '09!**

The UVM Medical Alumni Association invites you and your family to plan now to join your classmates for Reunion 2014 — June 6–8, 2014. Come back to Burlington and the UVM campus, your home during medical school. You may have lost contact with your classmates and former teachers, but Reunion will give you the chance to reconnect, rekindle old friendships, check out favorite places, talk with faculty, meet the medical students of today, and experience first-hand the growth and evolution of your medical alma mater.



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COLLEGE OF MEDICINE

For more information, contact the UVM Medical Development & Alumni Relations Office at (802) 656-4014 or [medalumni.relations@uvm.edu](mailto:medalumni.relations@uvm.edu)

**EVENTS INCLUDE:** Medical Education Today Session • Tours of the College, including the Clinical Simulation Laboratory  
Alumni Awards and Reception • Medical Alumni Picnic • Nostalgia Hour • Class Receptions

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