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5 Tips for
BETTER SLEEP
in 2009

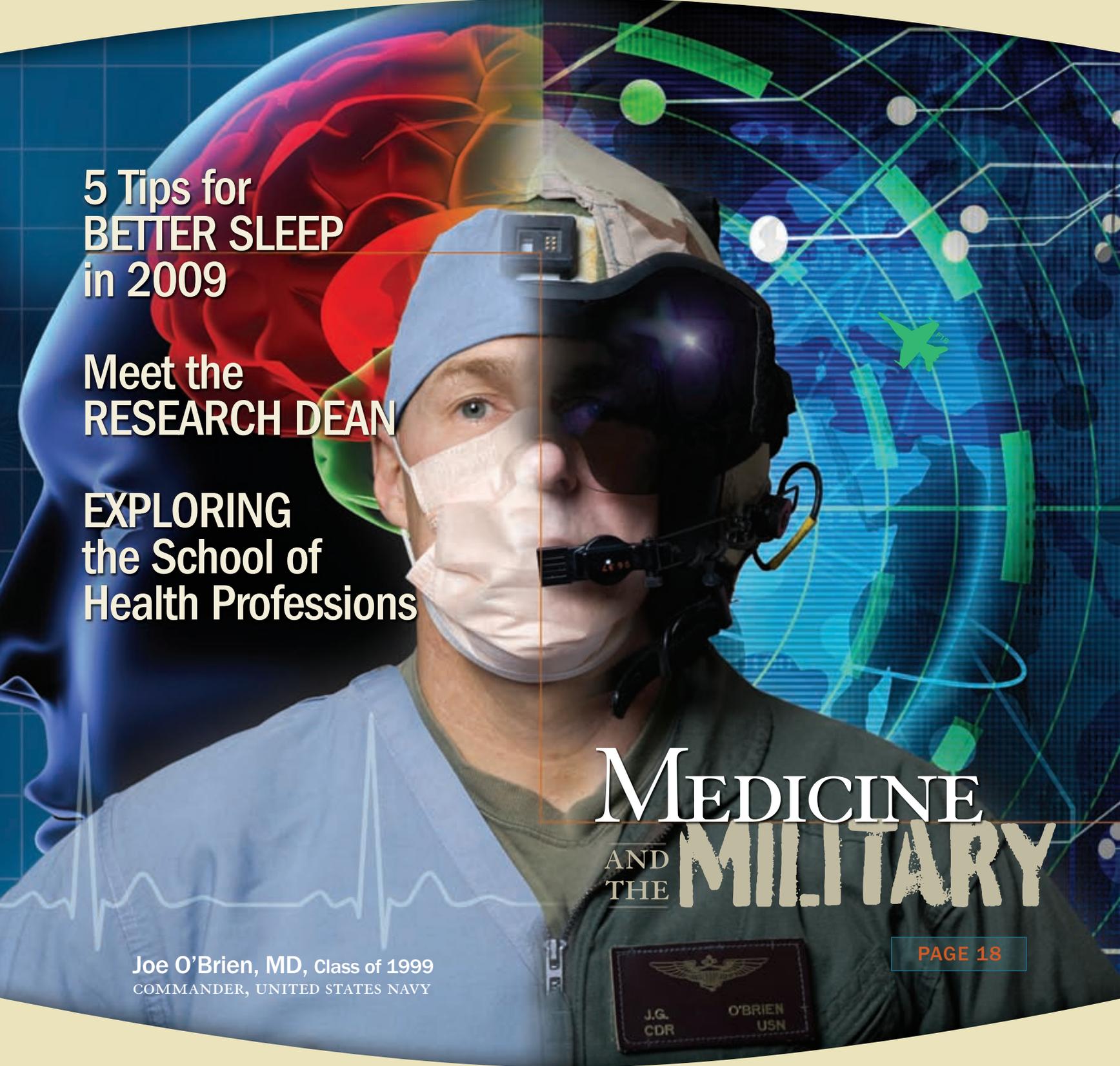
Meet the
RESEARCH DEAN

EXPLORING
the School of
Health Professions

MEDICINE AND THE MILITARY

Joe O'Brien, MD, Class of 1999
COMMANDER, UNITED STATES NAVY

PAGE 18



credits

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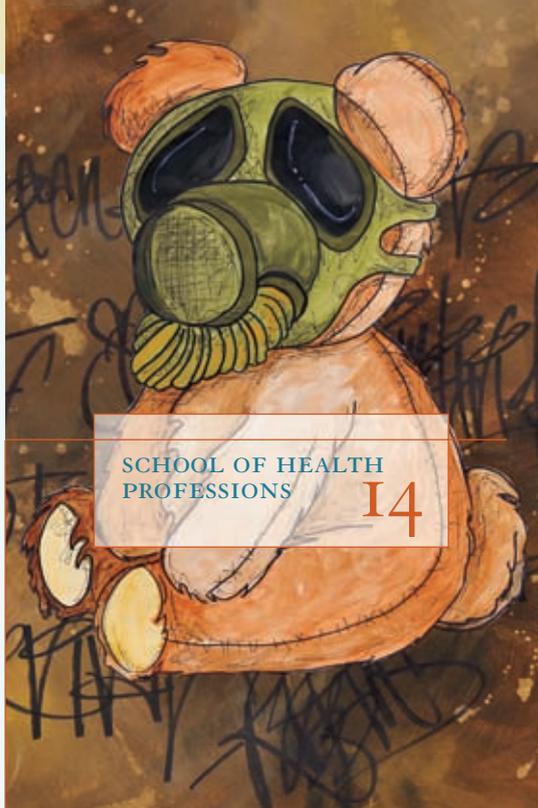
Bruce Ebert, Madeline B. Hill,
Barbara Taychert

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EVMS

Eastern Virginia Medical School

P.O. Box 1980
Norfolk, VA 23501-1980



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from the president

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WELCOME

back to *EVMS Magazine*. We've received many compliments on our new publication — and our new look. Our goal is to make each edition even better than the one before. In this second issue, we've added a new section called "To Your Health" which provides valuable information and tips from our EVMS Health Services doctors and EVMS researchers aimed at keeping you healthy. Be sure to find out how you can get better sleep in 2009 (*page 13*).

Here at Eastern Virginia Medical School, we can all rest easier thanks to the leadership of Dean Gerald J. Pepe. I am pleased that this issue features our dean (*page 24*) and describes his vision for enhancing research here at EVMS. It's truly a pleasure to work with him to build a stronger, more innovative organization.

Thankfully, many people believe in EVMS and the important work we do every day. We recently added three new members to our Board of Visitors (*page 9*) and eight new members to the Board of Trustees for the EVMS Foundation (*page 10*). We look forward to their leadership and thank them for their service.

EVMS' strength is its people — employees, faculty, students, alumni, donors and community supporters. Their stories fill the pages of *EVMS Magazine*. Their actions enhance our reputation and I thank all of them for their service to the community.

I also thank you for reading about — and supporting — Eastern Virginia Medical School. Community need gave birth to EVMS 35 years ago. Your continued interest and advocacy allows us to grow stronger and to make an even more positive impact on the Hampton Roads community.

Harry T. Lester

President

I2



Teaching. Discovering. Caring.™

TOP DOCTOR

is a “remarkable man”

If you're looking for one of the nation's top PHYSICIANS FOR WOMEN, look no further than Eastern Virginia Medical School.

Women's Health magazine singled out EVMS Health Services physician Alfred Z. Abuhamad, MD, for a top spot on the magazine's annual listing of outstanding doctors for women.

Abuhamad was one of four obstetrician/gynecologists practicing in the southern United States cited by the magazine. Abuhamad is the chairman of obstetrics and gynecology and the Mason C. Andrews Professor. He also is director of maternal-fetal medicine at EVMS and serves as the school's associate dean for clinical affairs.

“This acknowledgement is a testament to Dr. Abuhamad's hard work, dedication and commitment to excellence,” says EVMS Dean Gerald Pepe, PhD. “EVMS and the Hampton Roads community are fortunate to have him here.”

Women's Health, one of the fastest growing magazines in the country, compiled its listings of outstanding physicians based on input from doctors and medical leadership at hospitals across the country.

Abuhamad has earned his colleagues' respect and admiration for his capabilities as a compassionate clinician, a highly productive researcher and a generous mentor. In 2008, a faculty panel selected Abuhamad to receive the school's highest honor for faculty — the Dean's Outstanding Faculty Award.

“In academic medicine, it is difficult to find an individual who excels in all three areas of teaching, research and patient care,” says one colleague who nominated Abuhamad for the award. “However, Dr. Abuhamad has accomplished this with amazing commitment and vigor.”

Abuhamad oversees one of the school's

largest and busiest departments. In addition to general obstetrics and gynecology, the Department of Obstetrics and Gynecology includes the Jones Institute for Reproductive Medicine, the CONRAD research and development program and the region's only collection of specialists in high-risk obstetrics.

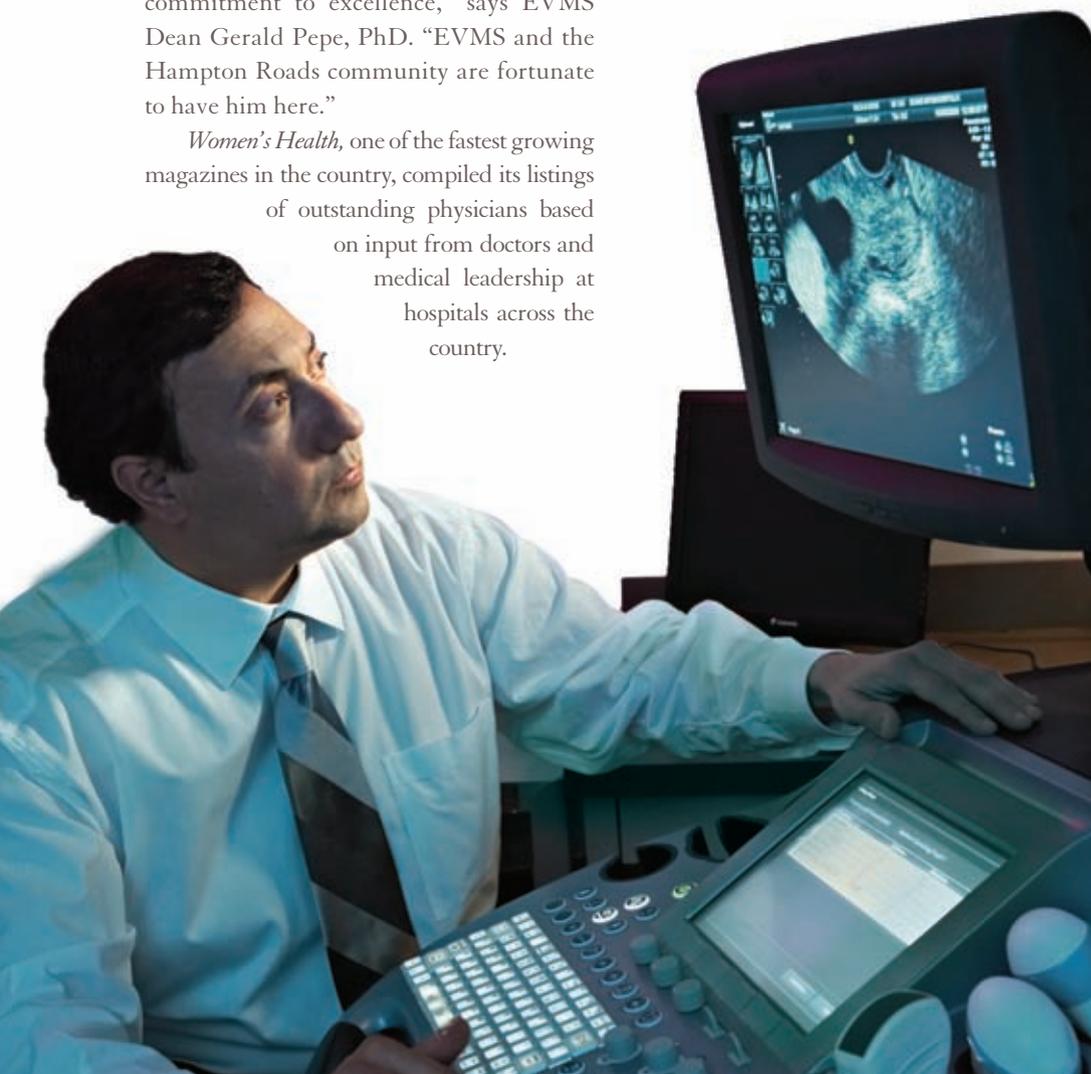
He has delivered more than 450 presentations to national and international societies, published 60 peer-reviewed research articles and authored or co-authored 21 book chapters and two entire texts. He is a reviewer for more than a dozen scholarly journals and holds leadership roles in several medical societies.

And, fortunately for women, children and families everywhere, Abuhamad continues to push the frontier of medicine.

He recently patented groundbreaking ultrasound software that simplifies the difficult task of locating congenital heart defects prior to birth. Heart defects are the most common birth defect and the leading cause of death during the first year of life. When doctors have adequate lead time, they can arrange for a mother to give birth in a hospital where surgeons can repair the newborn child's potentially deadly heart problem.

It's no wonder that more than one physician familiar with Abuhamad's accomplishments regard him as a “remarkable man.”

Abuhamad received his medical degree at the American University of Beirut. He continued his postgraduate training at the University of Miami, where he completed residency training in obstetrics and gynecology and a fellowship in maternal-fetal medicine. He also pursued a second fellowship in ultrasound and prenatal diagnosis at Yale Medical School. Abuhamad joined the faculty at EVMS in September 1992. He is board-certified in obstetrics and gynecology as well as maternal-fetal medicine. □



Specialist helps establish VIRGINIA ACADEMY OF SLEEP MEDICINE

EVMS Health Services sleep specialist Robert D. Vorona, MD, has been elected founding president of the Virginia Academy of Sleep Medicine.

Joining Vorona on the founding Board of Directors are J. Catesby Ware, PhD, director of the EVMS Division of Sleep Medicine, and Debbie Akers, a registered polysomnographic technologist in the Sleep Disorders Center located at Sentara Norfolk General Hospital and operated jointly by EVMS and the hospital.

Vorona and Richmond sleep specialist Richard Parisi, MD, first discussed the need for a state academy and later enlisted others to help get it started. The board includes representatives from all corners of the state, and the organization is now recruiting members.

“We have a national organization, the American Academy of Sleep Medicine,” says Vorona, praising that group for its assistance in establishing the state academy. “They are a good proponent overall, but there are issues that are best dealt with at the state level.”

For example, Vorona says states vary in how they categorize technicians and technologists who conduct sleep tests. The Academy will ask the state Department of Health Professions to formally recognize these specialists for the professional medical role they play in Virginia sleep centers.

The organization may advocate for other issues as well. One area involves highway safety. Vorona says studies show that many truck drivers operate their vehicles without proper rest because they have trouble sleeping. He would like to screen truckers for



Robert D. Vorona, MD

sleep disorders — a process that he says can save money and lives.

Another area of particular concern for Vorona is sleepy teenagers. With so many extracurricular activities, teens often stay up late into the evening to finish homework.

“Too many high-schoolers are sleep-deprived,” Vorona says. He contends that lack of sleep contributes to poor performance in school. He wants to encourage schools to start classes no earlier than 8:30 a.m. to give teens an opportunity to get at least nine hours sleep nightly, the generally accepted norm for that age group.

Vorona also wants the Virginia academy to take the leadership role in providing professional education and building public awareness of the importance of sleep. □

TERZIS GARNERS SURGERY HONORS

Julia Terzis, MD, PhD, professor of clinical plastic surgery and director of the EVMS Microsurgery program, recently became the first woman to receive the Clinician of the Year Award from the American Association of Plastic Surgeons (AAPS).



Julia Terzis, MD, PhD

It is the second major award given to Terzis by the AAPS. She previously won the James Barrett Brown Prize for scholarly publication.

According to the association, the Clinician of the Year is chosen annually by the organization’s president to recognize significant clinical achievement of one of its members in the field of plastic and reconstructive surgery.

“It’s for very significant contributions to the practice of plastic surgery overall,” says Terzis, an EVMS faculty member since 1981. “This is recognition of the entire body of work for the last 30 years.”

The self-described “grandmother” of nerve-repair research says those accomplishments include expanding the microsurgery lab and investigating new therapies for injuries such as facial paralysis after a stroke and damage to the brachial plexus, the group of nerves that allows feeling and movement in the arm. She also conducts extensive research, often with the help of student volunteers, into growth factors that may benefit nerve repair.

“This is one of the things that brings satisfaction to me, training young people to restore [nerve] function,” she explains. “The research component of my life in Hampton Roads is extremely important to me.”

Terzis also recently published a book that documents the origin and development of the field of microsurgery, *History of Microsurgery: 5 Generations from 1957*, detailing the lineage of the specialty from its hopeful beginnings through its growth at an international level — growth in which she has continually been directly involved. □

TOP 40 Under 40

EVMS PHYSICIANS HONORED



Joseph Han, MD

Two EVMS physicians were named to the *Inside Business* "TOP 40 UNDER 40" list for 2008, and a faculty member was among the newspaper's featured "Women in Business."

Joseph Han, MD, an EVMS Health Services physician and associate professor of otolaryngology, and Dan Neumann, MD, assistant professor of clinical internal medicine, made the publication's annual list of leading young professionals.

Neumann is a gastroenterologist with Gastrointestinal and Liver Specialists of Tidewater, PLLC with deep ties to EVMS. In addition



Dan Neumann, MD

to serving among the school's community faculty, he also is an EVMS graduate and president-elect of the EVMS Medical Alumni Association. Han directs the EVMS Division of Rhinology and Endoscopic Sinus and Skull Base Surgery within the Department of Otolaryngology – Head and Neck Surgery.



Stephanie Moody Antonio, MD

Stephanie Moody Antonio, MD, made the *Inside Business* list of successful businesswomen. Moody Antonio, an EVMS Health Services physician, is an assistant professor of otolaryngology and director of the EVMS

Cochlear Implant Program. □

REMEMBERING WILLIAM ANDREWS

William C. Andrews, MD, a Norfolk native who helped establish the school's department of obstetrics and gynecology and provided invaluable support to the department and the school even into retirement, died Dec. 31, 2008.

In a message to the campus announcing Andrews' death, Dean Gerald J. Pepe and President Harry T. Lester lauded Andrews for his "remarkable lifetime achievements" in his roles as a physician, educator, teacher and leader.

"Clearly, Andrews combined a remarkable talent for clinical practice and research with dedication to organized medicine and academia," they wrote.

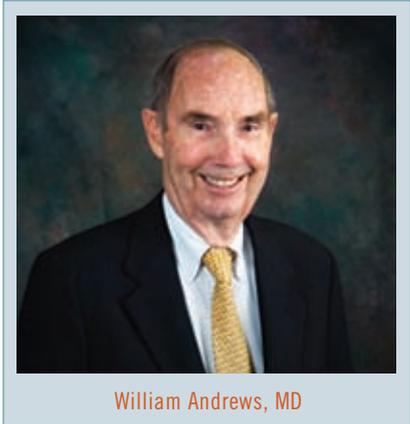
He was the youngest son of C. J. Andrews, MD, a prominent physician who brought the specialty of obstetrics and gynecology to Norfolk. William and his older brother, Mason, who also went on to become a prominent physician, received some early training in their specialty.

As youths, the sons would often answer the phone at home and it would be one of their father's patients — in labor. "They would ask, 'How often are the pains coming?'" recalls Robert Faulconer, MD, a medical school classmate of William Andrews at Johns Hopkins University School of Medicine.

Andrews trained at New York Hospital and served a tour in the U.S. Navy before he returned to Norfolk and joined his brother to set up the practice now known as the Group for Women. As active members of the medical staff of what was then Norfolk General Hospital, the brothers were involved in training residents.

One of their early trainees was Willette LeHew, MD, who had intended to specialize in orthopedic surgery but fell in love with obstetrics and gynecology under the tutelage of the Andrews brothers. After completing his residency, he joined them in practice.

"I was so impressed with how they took care of their patients," recalls LeHew.



William Andrews, MD

He was equally impressed with their tireless efforts to improve patient care. The brothers conducted research and published papers while maintaining full patient loads.

"It was great to work with them. Almost every day they came up with another new idea," says LeHew, a former rector of the EVMS Board of Visitors who recently retired from active practice. "It's an obstetrician's dream to work with people you get along so well with."

Faulconer, a pathologist who founded the department of pathology at EVMS, often evaluated tissue samples for Andrews.

"He had a relaxed manner," says Faulconer. "He was very kind to his patients and he took a personal interest in them."

Andrews, who upon his retirement was named an EVMS professor emeritus, devoted himself to educating ob-gyn residents. His students were impressed with his knowledge of medicine, his teaching ability, his research efforts and his manner of caring for patients.

Prior to becoming a member of the original EVMS faculty, Dr. Andrews directed the ob-gyn residency and was chief of the ob-gyn department at Medical Center Hospitals.

In retirement, he lectured throughout the country in the field of gynecology and remained active in national medical organizations, including serving as president of the America College of Obstetricians and Gynecologists and the American Fertility Society.

Andrews also stayed involved at EVMS. As a valued member of the EVMS Admissions Committee, he helped conduct more than 100 student interviews each year, and he personally encouraged many students to attend EVMS. □



Cynthia Romero, MD

Cynthia Romero named CMO

OF CHESAPEAKE REGIONAL MEDICAL CENTER

Cynthia Romero, MD, ('93) has been named chief medical officer

and vice president of quality and patient safety at Chesapeake Regional Medical Center.

The Virginia Beach native assumed her new role in fall 2008, and, in addition to her administrative duties, she will continue to see patients in her nearby private, family practice.

Previously, she served as the vice chair and then chair of family medicine at Chesapeake Regional. She also was the first woman to be

president of the hospital's medical staff. Those positions, she says, gave her the opportunity to foster communication between the hospital's leaders and caregivers and learn the behind-the-scenes intricacies of a medical center.

"In the physician leadership role, I was able to work intimately with the administration as well as the hospital staff, which gave me a pretty good perspective on how the hospital runs," Romero says.

Her new responsibilities mean that in addition to acting as a liaison between administrators and physicians, Romero

carefully scrutinizes patient care.

"There is definitely a lot more analysis than what I would use as a physician," she says, "but certainly the perspective I bring as a physician is valuable."

While at EVMS, Romero served as president of her class and received the Holmes Gillette Award as the graduate who best exemplifies the school's ideals. She later completed her medical training at Riverside Family Practice Program.

Romero is currently vice president of the Medical Society of Virginia. She is a former president of the Virginia Academy

Counselman elected to

NATIONAL BOARD

Francis Counselman, MD, ('83) sets high standards for his faculty and residents, but the chair of the Department of Emergency Medicine and director of the department's residency program happily leads by example.

Counselman recently reached another professional milestone when he was elected to the Board of Directors of the American Board of Emergency Medicine (ABEM). The ABEM serves as the medical specialty certification board for emergency physicians — a critical function given that most hospitals require emergency physicians to have board certification.

Over the years, Counselman has built the EVMS residency program into one of the most respected and popular training programs for emergency physicians in the United States. Along the way, he has earned accolades from his colleagues nationwide.

One of the people who knows Counselman best is Michael Bono, MD. The two graduated together from EVMS and then from the fledgling EVMS emergency medicine residency program.

"It's unbelievable what he does," says Bono, the department's vice chair, speaking of his

longtime colleague. He calls Counselman a superb clinician and teacher with a great sense of humor and a kind heart. As a mentor, Counselman advises residents to read daily — to keep up on changes in medicine — and to treat patients as they would a family member.

He constantly encourages others to strive for excellence, and he is quick to offer praise and celebrate their successes. He works long hours on behalf of the department, Bono explains, and is modest about his own accomplishments.

"He's the jewel of this program, no question about it," Bono says. "He's clearly the boss, but even when we vote on things, he considers himself just one of the nine [faculty]."

Counselman has held various leadership positions within EVMS, at local hospitals and in several local and national organizations. He is a former president of the Association of Academic Chairs of Emergency Medicine, the Virginia College of Emergency Physicians and the Norfolk Academy of Medicine and is active in many other organizations, including the American College of Emergency Physicians (ACEP). He has received many local, state and national

awards.

Col. Linda L. Lawrence, MD, chief of the medical staff at Travis Air Force Base in California, nominated Counselman for the ABEM post. She has worked with



Francis Counselman, MD

Counselman for several years through the ACEP, an organization Lawrence recently led as president and now serves as chair of the board.

"He's been a true leader in the ACEP and somebody who is asked frequently to take on big leadership roles," she says, citing as an example his current oversight of an ACEP workforce study. "That project turned out to be much larger than we anticipated, and he stepped up to the plate with brilliant ideas and has worked tirelessly."

Lawrence describes Counselman as a highly respect academic leader "who seeks perfection and has a very collegial way of getting there." □



From left: Keynote speaker Gary Gottlieb, MD; Britt scholar Kira Howell; L.D. Britt, MD; and Britt Scholars Theresa Cruthird-Rudd and Danae Campbell.

L.D. Britt, MD,

SCHOLARSHIP DINNER DRAWS STRONG SUPPORT

Even with a shaky economy tightening purse strings across the nation, people recognize — and support — a good cause when they see it. That’s the reason for the success of the L.D. Britt, MD, Scholarship Fund, a program designed to open opportunities for a career in medicine for outstanding minority students.

The 2008 Britt Scholarship dinner, the 13th annual event held to support the scholarship at EVMS, drew contributions totaling \$139,000. More than 370 community and business leaders turned out in a show of solidarity behind the scholarship’s mission.

The business community in particular showed its strong commitment to the initiative, with SunTrust continuing its leadership as the scholarship’s premier corporate sponsor through the Partners in Excellence Program. Other top-level sponsors include Mr. and Mrs. William Baines; L.D. Britt, MD, MPH, and Charlene M. Britt, MD; Dominion Resources; Robert E. Kelly Jr., MD, and Cynthia S. Kelly, MD; Sentara Healthcare; TowneBank; and Universal Sisters-Norfolk.

The evening also served as the occasion of the official announcement of this year’s Britt Scholarship recipient, Jessica Ashley Rivers, who joins the three other Britt Scholars currently attending EVMS, Theresa Cruthird-Rudd, Kira Howell and Danae Campbell.

Rivers, a South Carolina native and graduate of Hampton University, credits her experience as a hospital volunteer in Manning, S.C., with sparking her interest in medicine. Her later experience shadowing primary-care physicians strengthened her dream of broadening health care access for the underserved.

Keynote speaker Gary L. Gottlieb, MD, MBA, president of Brigham and Women’s Faulkner Hospitals in Boston, lauded the scholarship

program as a step toward addressing minority health issues and health care disparities.

As a testament to the program’s growing success, Maurice Young, MD, was introduced as the first participant in the loan-forgiveness project funded by the Obici Healthcare Foundation through the Britt Scholarship. Young will practice medicine in Franklin and see patients from Sentara Obici Hospital’s surrounding area, which includes Franklin, Suffolk and Isle of Wight County, regardless of their ability to pay. In return, \$120,000 of his student loans will be paid off with funds provided by the Obici Foundation.

The recipients of the 2008 L.D. Britt Community Service Awards also were recognized at the event, including Mattie L. Stovall, a community volunteer and children’s minister; Bishop L.E. Willis, founder of Garden of Prayer Worship Center and Willis Broadcasting Co.; and the Optima Family Care Community Girls Basketball Program.

The Britt Scholarship was established through the efforts of William Russell, EdD, a patient of Britt’s who wanted to find an outlet for other grateful patients to honor Britt’s commitment to superlative patient care and community service. □ For more pictures of the Britt Scholarship Dinner, visit us online at www.evms.edu/magazine.



As Britt Scholarship founder William Russell, EdD, looks on, 2008 Britt Scholar Jessica Rivers addresses the audience.

BOARD OF VISITORS WELCOMES

new members



Derwin Gray, MD



John O. Simpson, PhD



James J. Izard II, MBA

Eastern Virginia Medical School's governing body, the Board of Visitors, recently welcomed three new members who bring a wide range of experience and expertise to the board.

The city of Chesapeake appointed Derwin Gray, MD, to serve as its representative. John O. Simpson, PhD, and James J. Izard II are Norfolk's new appointees.

Gray will complete the unexpired term of John W. Brown, who was named to the Chesapeake Circuit Court bench. Gray is vice president of the Virginia Center for Women and immediate past president of the medical staff at Chesapeake Regional Medical Center.

He graduated from Tulane University Medical School before completing an internship and residency training in obstetrics and gynecology at Howard University Hospital in Washington, D.C. The Milwaukee, Wis., native is a longtime member of the Chesapeake hospital's staff and spent two years as chief of the Department of Obstetrics and Gynecology. Gray also serves as

medical director of the Chesapeake Forensics Sexual Assault Nurse Examiner program and is a volunteer on the EVMS community faculty.

Simpson brings a wealth of administrative and education-related expertise to the position. He served more than six years as superintendent of Norfolk Public Schools and currently is the executive and educational leader of a foundation that aims to use school-district reform to improve public education and life options for children of color.

He holds a doctorate in educational policy, planning and administration from the University of Michigan, where he spent four years as an adjunct professor. Simpson, who began his education career as a music teacher in 1970, served as superintendent of schools in Ann Arbor, Mich., and North Chicago, Ill., before coming to Norfolk. He has served on numerous boards and committees across the country and has garnered myriad awards throughout his career.

Izard comes to the board with broad business expertise. He is vice president and founding partner of Palladium Registered Investment Advisors LLC, a regional investment advisor with \$1.3 billion under its management. Izard previously served as vice president of Virginia Investment Counselors LLC.

He holds a master of business administration degree from the University of Virginia's Colgate Darden Graduate School of Business Administration and has deep ties throughout the community thanks to his service on the boards of organizations such as the Norfolk City Forum, Chrysler Museum Corporate Committee and the Norfolk Assembly.

"With the diverse and highly successful backgrounds these three men bring to the board, their input will help us take advantage of all the opportunities we have in front of us and tackle the challenges as they arise," Board of Visitors Rector Wayne Wilbanks says. □

ANNUAL REPORT RECOGNIZES

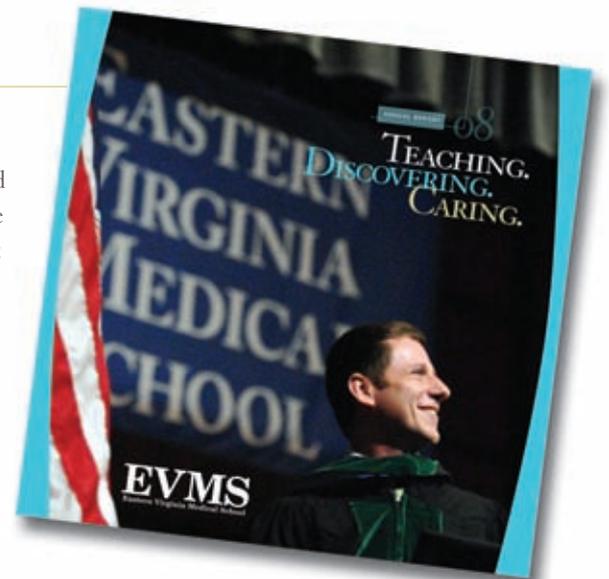
EVMS Progress & Donors

Eastern Virginia Medical School is pleased to have released its Annual Report for the fiscal year ended June 30, 2008.

The report includes information about the financial health of the school and its fundraising efforts, such as the Annual Fund, which again surpassed the goal of \$700,000. The report identifies each donor who contributed to EVMS and its mission over the past year, while also highlighting a few of the school's benefactors.

Unfortunately, a donor was omitted from the list of contributors included in the report. Virginia Ferguson, a stalwart supporter of the school, should have been listed among those giving from \$50,000-\$99,999. Our heartfelt thanks go out to her and all EVMS and Diabetes Center Foundation donors.

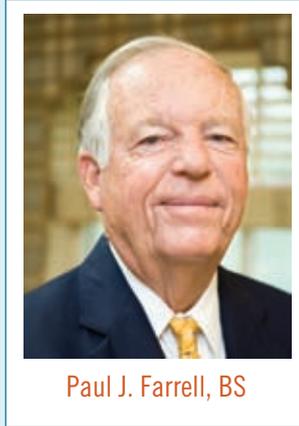
A limited number of the reports were printed, but the full report is available for download at www.evms.edu/report2008. □



EVMS FOUNDATION BOARD OF TRUSTEES



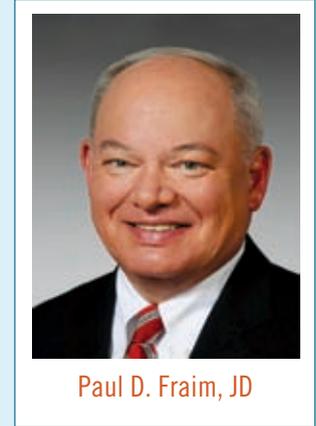
R. Bruce Bradley, MBA



Paul J. Farrell, BS



Andrew S. Fine, JD



Paul D. Fraim, JD

Eight Hampton Roads business and community leaders have joined the Board of Trustees of the Eastern Virginia Medical School Foundation. The foundation raised the funds to establish EVMS and has supported the medical school ever since.

The new trustees bring new energy to the foundation, which organized in 1964, nine years before EVMS opened its doors.

“This is a dynamic group of community leaders who are committed to EVMS and its mission,” says G. Robert Aston Jr., president and chairman of the EVMS Foundation and CEO and chairman of TowneBank.

“They join an equally dedicated group of individuals who have worked on behalf of the school for decades. Together we will build on our previous successes and provide invaluable support for EVMS initiatives that benefit the entire community.”

New to the Board of Trustees are:

R. Bruce Bradley, recently retired as president of *Landmark Publishing Group*. The group oversees *The Virginian-Pilot* and other daily and community newspapers owned by Norfolk-

based *Landmark Communications Inc.* Bradley began his career at *The Virginian-Pilot* in sales and subsequently held numerous positions, including president and publisher.

Bradley holds a bachelor’s degree in business administration from Villanova University and an MBA from Old Dominion University. Bradley is a past chairman of the Hampton Roads Chamber of Commerce, the Hampton Roads YMCA and the Hampton Roads Partnership.

Paul J. Farrell, founder and president of the *Chesapeake construction firm Rosewell Homes*. The company builds homes, commercial and investment properties and apartments.

Farrell holds a bachelor’s degree from Virginia Tech and has been in the building business since 1963. He is a former president of the Tidewater Builders Association and former chair of the United Way campaign

for the city of Chesapeake. He is a board member of the ACCESS College Foundation and the Virginia Beach Foundation and serves as chairman of the TowneBank Financial Services Board.

Andrew S. Fine, president of *The Runnymede Corporation*, a *Virginia Beach commercial real estate development and management firm*. He is a retired general district court judge and former rector of the EVMS Board of Visitors.

Fine holds a bachelor’s degree from Brown University and a law degree from the University of Virginia. He is a former chairman of the board of the Chrysler Museum of Art and Workforce Development of South Hampton Roads, as well as former chairman and president of the Virginia Beach Foundation. He is co-chairman of Lynnhaven River NOW and a founding director of TowneBank.

WELCOMES

eight business, community leaders



Thomas R. Frantz, JD



Paul O. Hirschbiel Jr., MBA



Charles W. Moorman, MBA



John O. Wynne, JD

Paul D. Fraim, *mayor of the city of Norfolk and president of the law firm Fraim and Fiorella, PC.* A member of the Norfolk City Council for 22 years, he has served as mayor for the last 14 years.

Fraim graduated from Virginia Military Institute, received a master's degree in education from the University of Virginia and earned his law degree from the University of Richmond. He is a board member of the Hampton Roads Partnership and the Hampton Roads Economic Development Alliance. He is chairman of the Hampton Roads Planning District Commission and chairman of the Norfolk board of TowneBank.

Thomas R. Frantz, *president and chief operating officer of the law firm Williams Mullen.* He started a health care practice group as an original principal with Clark & Stant before the firm merged with Williams Mullen.

Frantz earned a bachelor's degree in accounting from the College of William & Mary and a law degree from the Marshall Wythe School of Law. He is a CPA and also holds a master's degree in law and taxation

from William & Mary. Frantz is a former chairman of the board of Cape Henry Collegiate School and the Virginia Beach Foundation and former president of Virginia Beach Vision. He is a past chairman of the board of the Virginia Aquarium and the Marine Science Center Foundation.

Paul O. Hirschbiel Jr., *owner and president of Eden Capital, an investment and consulting firm located in Virginia Beach.* He is co-founder of a New York City venture capital firm now known as Cornerstone Equity Investors.

Hirschbiel received his MBA from the University of North Carolina at Chapel Hill. He is chairman of the local initiative Smart Beginnings South Hampton Roads and the Virginia Early Childhood Foundation. He also serves on the boards of The Norfolk Foundation and Horizons Hampton Roads.

Charles W. "Wick" Moorman, *chairman, president and chief executive officer of Norfolk Southern Corporation.* He first worked at the firm as a student intern and later joined Norfolk Southern as a management trainee.

Moorman holds a bachelor's degree in civil engineering from Georgia Tech and an MBA from Harvard Business School. He is chairman of the board of directors of the WHRO Foundation and chairman of the Board of Trustees of the Chrysler Museum of Art. He is a trustee of the Virginia Foundation for Independent Colleges, the Nature Conservancy (Virginia), and the Chesapeake Bay Foundation, and sits on the advisory board of Georgia Tech.

John O. "Dubby" Wynne, *retired president and CEO of Landmark Communications Inc.* He continues as a member of Landmark's Board of Directors.

Wynne received his bachelor's degree from Princeton and his law degree from the University of Virginia. He serves as vice rector of the Board of Visitors at the University of Virginia and is a charter trustee at Princeton University. He also serves as vice chair of the Coalition for Virginia's Future and chair of the executive committee of the Virginia Business Council. He was founding co-chairman of the Hampton Roads Partnership. □

LIBRARIAN

JUDITH ROBINSON *leads evolution* in EDUCATIONAL TECHNOLOGIES

Judith Robinson could count on her fingers the number of computers in the library when she joined Eastern Virginia Medical School 13 years ago as assistant dean of library sciences.

“We had nine computers,” she says. “We had an internet connection on campus that went down at least once a week. The pathology slides were Kodachrome slides in a chrome tray.”

Since then, things have changed a bit.

The Brickell Medical Sciences Library that opened in 2000 has nearly 500 network connections and members of Robinson’s team regularly provide information that helps state leaders set the future course of public involvement in Virginia health care. These librarians touch nearly every facet of education at EVMS.

“The library is the one place where everything the school does comes together,” Robinson says.

In 2008, Dean Gerald J. Pepe promoted Robinson to associate dean of library sciences and director of educational technology. The move places her as one of the cornerstones in the next evolution of EVMS — teaching processes that will place greater emphasis on technology and digital learning. Placing a large part of that responsibility in Robinson’s hands was a logical choice, Pepe says.

“Judith has been a mainstay at EVMS and has a national reputation for her expertise in library science,” he says. “We’re fortunate she’s able to apply that knowledge to make our educational process stronger for the next generation of students.”

Despite the job’s evolution over the years, Robinson says the core focus has always been the same: supporting the education, clinical care, research and community service elements



Judith Robinson conducts a staff meeting in the library computer lab.

of the school.

“You’ve got all these resources that people can go to for information. Bring it together and our faculty members help mediate that.

“They articulate what needs to be learned and set very clear learning objectives for the students — this is what you’re going to need, not just to pass the exams, but to practice medicine and to be patient-centered,” she says.

continued on page 30

EVMS AND ITS HOSPITAL PARTNERS

BREATHE

a little easier



The Eastern Virginia Medical Center — home to EVMS, a public health department and two hospitals — has kicked the habit.

Smoking has long been prohibited inside EVMS, Children’s Hospital of The King’s Daughters, the Norfolk Public Health Department and Sentara Norfolk General

Hospital, but on January 1, 2009, the newly declared Tobacco-Free Environment (TFE) banned the use of all tobacco products from the center’s outdoor areas as well, including sidewalks, lawns, parking lots and in private vehicles on the premises. The policy applies to staff, patients, visitors and vendors.

TFE is a growing movement among health care institutions that want to set a positive example for disease prevention.

“It was natural that we take this important step,” says EVMS President Harry T. Lester. “As a center focused on health care and well-being, it’s our responsibility to encourage healthy lifestyle choices.”

Tobacco use is the leading cause of death in the United States. According to the U.S. Centers for Disease Control and Prevention,

people who stop smoking greatly reduce their risk of dying prematurely. Benefits are greatest for people who stop at earlier ages, but quitting is beneficial at all ages.

“Avoiding tobacco smoke is the most cost-effective way to prevent heart disease and common cancers, and banning tobacco is a great place to start,” says Christine Matson, MD, chair of family and community medicine.

EVMS and its hospital partners are each offering their own smoking-cessation programs to encourage and help staff who use tobacco to quit. Free nicotine gum is available for patients and other visitors to the campus.

The downtown Norfolk medical center is one of the first in Virginia to adopt TFE, following the example of Sentara Virginia Beach General Hospital. □

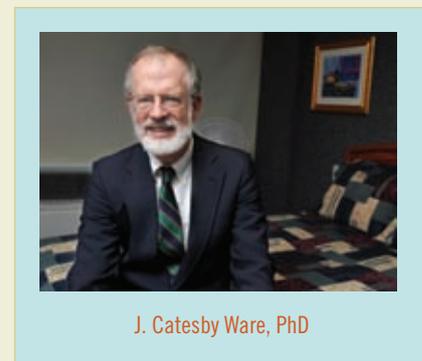
TO YOUR HEALTH

Five Tips for Better Sleep in 2009



To Your Health is a new addition to EVMS MAGAZINE that will feature Eastern Virginia Medical School Health Services physicians and clinicians on a variety of health-related topics. Our guest columnist this issue is sleep specialist J. Catesby Ware, PhD, director of the Sleep Disorders Center, a joint program of EVMS and Sentara Norfolk General Hospital.

New Year's resolutions regarding better health are common. Ironically, many people started 2009 by staying up late. Make good sleep habits part of your routine for a healthier new year. Ware offers five suggestions to help you achieve a restful night's sleep:



J. Catesby Ware, PhD

- 1. Know your sleep requirements.** Most adults need seven to eight hours of sleep to feel refreshed. Teens need at least nine and a half hours; youngsters need more. A regular rising time in the morning, seven days a week, strengthens circadian cycling and leads to improved sleep and alertness.
- 2. Limit food, drink and tobacco in the evenings.** Hunger may disturb sleep; however do not eat a large meal just before going to bed. The older you are, the more important it is that you avoid having dinner as your largest meal of the day. Caffeine (in tea, coffee and soft drinks), alcohol, chocolate, peppermint, nicotine and spicy food will fragment sleep and increase esophageal reflux, which also disturbs sleep and, in some cases, results in heartburn-type symptoms during sleep.
- 3. Prepare for sleep.** Get as much outside light in the morning and during the day as possible. The correct use of light and dark reinforces your sleep schedule. Get a steady daily amount of exercise. Exercise in the late afternoon or early evening deepens sleep, but strenuous exercise just before bed is counterproductive. Occasional exercise does not necessarily improve sleep. Take time to relax 30 minutes before bedtime. Write down things that need to be done the next day before you go to bed to help clear your mind.
- 4. Control your sleep environment.** Occasional loud noises disturb sleep even when you cannot remember them in the morning. A white-noise generator may help if you must sleep close to a busy street or airport. Although excessively warm rooms disturb sleep, there is no evidence that an excessively cold room solidifies sleep.
- 5. If you have trouble trying to sleep, take a break.** An occasional sleeping pill may help, but sustained use may be ineffective and can disturb sleep further. If you are angry and frustrated because you cannot sleep, get out of bed and do something different for 15 minutes before trying again. Avoid watching the clock. It may increase your anxiety and further disturb sleep. Many medications disturb sleep. Your physician can check your regular medications for possible sleep side effects.

Remember that disturbed sleep and excessive daytime sleepiness often indicate a serious problem, particularly if accompanied by high blood pressure and snoring. Whenever your sleep is chronically disturbed, the cause needs to be discovered. Your family physician is a good person to consult first if the above suggestions do not help. □

Visit us online at www.evms.edu/magazine to take a sleep quiz.

SCHOOL OF HEALTH PROFESSIONS

a small, but Important change

Walk the campus of Eastern Virginia Medical School, and there's a good chance that many of the students you encounter will not be seeking MD degrees. Instead, they are seeking one of 10 other diplomas and certificates offered in the EVMS School of Health Professions.

The roughly 400 health professions students represent 42 percent of EVMS enrollment. That's an increase of over 250 percent in the past decade, according to C. Donald Combs, PhD, vice provost for planning and health professions, who shepherded the programs during that era of growth.

Recently, the Board of Visitors approved the designation of the assorted programs as the EVMS School of Health Professions.

"It's a small, but important change in the organization," Combs says of the new umbrella. "It's a recognition of the professional and intellectual diversity we have on campus."

Dean Gerald J. Pepe, PhD, agrees. "We took this important step to acknowledge the importance of the health professions programs. EVMS isn't just about our MD students."

By elevating the profile of the health professions programs under a unified school, EVMS intends to grow them even more — particularly the physician assistant program, already the largest with 146 students currently enrolled in the 27-month master's degree program.

Physician assistants are trained to practice medicine under the supervision of doctors of medicine. PAs, as they are sometimes called, can exercise a high degree of autonomy and can even work alone, depending on state laws and

relationships with individual supervisors. PAs are in high demand due to the chronic shortage of medical doctors throughout the United States.

Aaron Vinik, MD, PhD, EVMS Health Services physician and director of research at



Physician Assistant students celebrate during the ceremony where they receive their white coats.

EVMS' Strelitz Diabetes Center and the Neuroendocrine Unit, says he needs physician assistants. "PAs have become essential to current-day management of patients with diabetes," he explains.

"They have become an integral part of our team, allowing us to extend our quality of care to many more people than would be possible if our manpower were limited to specialty-trained people."

Vinik's diabetes team includes one PA and one PA-in-training. The PAs free the physicians to resolve complex case problems.

To date, 297 students have earned physician assistant degrees. That's out of a total 1,555 health professions alumni, many of whom are fanned out over Hampton Roads working in doctors' offices, colleges, health care companies, hospitals and public-health administration.

Kelly Walls, 27, of Norfolk, is a corporate operations analyst at AMERIGROUP, a health care provider with corporate headquarters in Virginia Beach. She graduated from EVMS with a master's in public health in 2006. For her, choosing EVMS was an easy decision.

"I wanted a school that had an environment that would expose me not only to teachers but real-life professionals," Walls says.

"I liked the smaller classes and the personal feel. When I walked into a building, the security guard knew everyone's name. It was just very homey."

Walls, who grew up in Portsmouth and has a background in finance, said many of the students in her class were working clinicians, such as nurses, seeking to move into management. "They needed that extra degree to push them over the edge," she says.

Walls intended to use her master's in public health to move into corporate health care. So when students worked on group projects — devising a health care system, for example — she would choose

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an aspect appropriate to her interest, such as cost analysis.

Walls got a taste of the clinical side of public health during a 40-hour internship with the Infectious Diseases Division at EVMS. During



Artist: SARAH GARRISON

that time, Walls sat in on an HIV/STD free clinic conducted by EVMS on the Eastern Shore. Most of the patients were Mexican immigrants working at a poultry plant.

“A lot of the people lived 10 to a room in

terrible living conditions. They were suffering from all kinds of rampant diseases,” says Walls. “This let me look at a whole different side of health care.”

The individualization in the public health program, which has the second-largest number of health professions students at 58, allowed Walls and her advisor to devise a research project that would be most beneficial to Walls’ career. Walls spent a year analyzing a potential new Optima Health Insurance program for Medicaid and Medicare participants.

“It was a great exercise for me,” Walls explains.

Plus, the experience led to a job with Sentara Healthcare after graduation and then to AMERIGROUP.

Abbey Calisch, PsyD, is a clinical psychologist and art therapist who directs the Graduate Art Therapy Program at EVMS. A recent transplant from Texas, Calisch will be the force behind EVMS’ plan to expand this program. With 22 current students, it has room to grow. One change that will make a difference, Calisch says, is to widen the scope of classes from their current traditional format of 9 a.m. to 4 p.m., Monday through Friday, in order to accommodate students who work.

The art therapy profession has been around

more than three decades, and the EVMS program has the second largest total number of graduates in the School of Health Professions — 279. That’s why Calisch finds it hard to fathom why more people don’t know about the field.

“It’s so shocking to me that some people equate it to reading tea leaves,” she says.

Art therapy began with in-patient, psychiatric units, Calisch says, and proliferated to rehabilitation centers, special education, and mainstream children and adults. Today, art therapists work in all therapeutic arenas. “Community centers do art therapy with anyone and everyone,” Calisch points out.

She gives an example of art therapy in practice: “Let’s say I just got referred a client who is having difficulty with interpersonal issues. I might ask her to tell me about her family. I’ll have art materials out. I might ask her to draw a picture of a bird’s nest.”

Bird nests, Calisch says, have been shown to be representative of family.

How the client draws a nest can be revealing. The art therapist



BIOMEDICAL SCIENCES

The School of Health Professions consists of several educational programs that prepare students for a variety of professions within the health care field.

Biomedical Sciences PhD or MS

Biomedical scientists make advances in medicine that save and prolong people’s lives. These types of scientists discovered DNA and insulin and developed vaccines for many diseases such as smallpox, tetanus and diphtheria. They work in college, government and pharmaceutical labs and commonly are involved in research related to the treatment and prevention of disease. Today’s hot-button issues are stem-cell and animal research, genetic testing and bioterrorism.

Medical Masters MS

This one-year program is a stepping stone to medical school, ideal for candidates seeking to bolster their academic credentials. Study focuses primarily on basic science subject areas similar to the MD curriculum.

Clinical Embryology and Andrology MS

Clinical embryologists and andrologists perform lab services to help couples who are having trouble conceiving a child on their own. Their field is known as assisted reproductive technology or ART. Andrologists are specialists in male infertility. Embryologists are involved with the formation, early growth and development of a woman’s eggs. Andrologists and clinical embryologists are an integral part of a fertility clinic — including the Jones Institute for Reproductive Medicine at EVMS. They help retrieve, preserve, fertilize and manipulate eggs and embryos. They prepare sperm as well as eggs and embryos in different stages of development for transfer to future mothers.



EVMS Biomedical sciences graduates are working in research labs across the country.

would look at the colors and drawing instruments selected by the client. She would see if the nest has any birds or eggs in it. This could lead to many topics relating to the client's family that she and the client could talk about.

Art therapy is individual to each patient, she explains.

A few years ago, Combs brought together an interdisciplinary group of selected students to form a Scholars Program. The group is devoted to interdisciplinary interaction and mutual understanding among the various health professions.

Late last year, Calisch moderated a seminar for the scholars to discuss how their professions came into play during the Hurricane Katrina crisis. They talked about what was done, what wasn't and what could have been done better.

"Katrina shows how we all can work together," says Lisa Bolin, a PhD candidate in biomedical sciences, one of the smaller programs at EVMS.

Health professions scholars meet once a month in either a first-year or second-year group and gather jointly about twice a year. Combs hopes one day to add MD students to the mix. He tells incoming medical students annually that, no matter how hard they try, they can't do it all. "Everybody is going to have to depend on everybody else," Combs says.

"The common goal for all is health care — just in different forms," says Tim Di Giacomo, a student in the doctor of psychology program.

The 20-plus health professions scholars praised EVMS and the one-on-one instruction many of them receive. All indicated they expect to find jobs easily upon graduation and about a quarter said they probably would stay in Hampton Roads.

"The training here is top-notch," Sidi Mehdi Belgnaoui says. He came to EVMS from Morocco and is working toward a PhD in biomedical sciences.



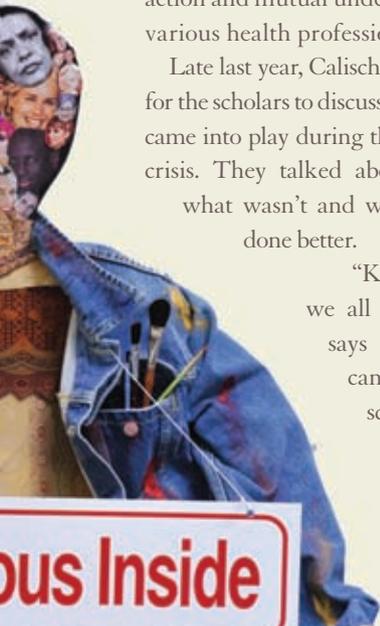
Renee Scott Walker, who graduated with a master's in public health and is now enrolled in the PA program, agrees. "Overall EVMS is a wonderful institution. You are going to be comfortable in the job you are trained to do."

In 2002, EVMS realized its role in the community had grown, and it changed its mission statement accordingly. To help broaden its understanding of similar organizations, EVMS joined the Association of Academic Health Centers, which has slightly more than 100 members

who represent the strongest combination of education, research and service programs. An academic health center consists of a medical school, one or more health professions programs or schools, and a teaching hospital.

"Our vision grew broader," Combs says. "We began to think of ourselves as something more than a medical school."

The establishment of the School of Health Professions represents another step in fulfilling that vision. □



HEALTH CARE AND PUBLIC HEALTH

Art Therapy MS

Art therapists are professionals who use patient artwork as a tool for understanding and healing. After patients complete drawings, paintings or collages, for example, therapists and their patients talk about content, colors and materials and make discoveries about emotions and feelings. Art therapists are not art teachers, and the skill level of their patients is immaterial. Art therapists work with children and adults.

Clinical Psychology PsyD

Clinical psychologists are trained to evaluate and counsel people regarding their behavior and mental processes. They can work with individuals of all ages and groups. Clinical psychologists may be in private practice or employed with schools, universities, corporations, counseling centers, government agencies and military services. Specialties include research, clinical, teaching, neuropsychology, forensics and behavioral medicine. Clinical psychologists trained in the PsyD model place greater emphasis on their role as a practitioner,

while those trained in PhD graduate programs are more heavily science- and research-based.

Master of Physician Assistant MPA

Physician assistants are licensed to practice medicine under the supervision of medical doctors. Physician assistants can diagnose and treat illnesses and sometimes are the principal caregivers in rural areas and inner-city clinics. Physician assistants take a 27-month program to gain the knowledge and skills necessary to participate in the delivery of primary health care. They are increasingly being used to offset medical doctor shortages.

Master of Public Health or dual MD/MPH degrees

Public health professionals focus on entire populations rather than individual patients. They identify community health problems and work to prevent outbreaks of disease through education, policy and research. Some areas of concern are nutrition, environmental health, occupational safety and

laboratory practices. Career options are wide, ranging from the National Institutes of Health to corporate wellness and managed-care organizations. The dual degree program takes five years to complete.

Ophthalmic Technology BS or certificate

Ophthalmic technologists help eye doctors treat patients. Technologists take patient histories, administer tests and maintain equipment. They can specialize in many areas including contact lenses and surgical assistance. The 22-month certificate program grants credits that can lead to a BS degree.

Surgical Assistant certificate and graduate certificate

Surgical assistants scrub for operations, position patients, help prepare the areas that are going to be operated upon and adjust drapings during procedures. No prior medical experience is necessary for the 22-month program of classroom and clinical training. □



Alissa Garcia, M4



Rachel Ellis, M1

MEDICINE

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STUDENTS, ALUMNI AND FACULTY
SHARE THEIR EXPERIENCES

Medici



Joe O'Brien, MD

“Having been a Navy pilot for 11 years before going to medical school, I can appreciate what the marines and sailors go through when they deploy to war. When I do my part, I really feel like I make a difference.”

Joe O'Brien, MD
UNITED STATES NAVY

E LITARY

Pediatric anesthesiologist Joe O'Brien, MD, a 1999 Eastern Virginia Medical School graduate who has twice deployed to Iraq, will never forget the sand. It was everywhere — along with the inescapable stench of war.

“You just never got away from the smell of things — and unfortunately people and animals — burning. And that sticks with me to this day,” O'Brien says.



O'Brien, who is currently stationed at Marine Corps Air Station Cherry Point in North Carolina, has seen combat as a pilot and as a doctor. He flew CH-53 E Super Stallion helicopters from 1984 to 1995 and participated in deployments to Bahrain as part of Operation Desert Storm in 1991 and to the Mediterranean as an air officer on the USS Trenton in 1992.

When he returned to Iraq in support of Operation Iraqi Freedom, the sights of war were as unsettling as the smells.

"I just remember flying over the swamps of southern Iraq and the beginning scenes from *Apocalypse Now* just flew into my mind," the Navy commander says.

Despite these disturbing images of what has become a lengthy and grueling war, painful separations from his family and the almost certain prospect of putting himself in danger, O'Brien elected to stay an additional six years in the Navy — until 2015 — after his commitment ends.

"The kids executing the missions are just amazing," O'Brien, one of about 25 dual-designated aviator/physicians in the Navy, says.

During a 2003 deployment, O'Brien responded to a helicopter that had crashed near Southern Iraq. Three people were killed, the aircraft was on



Nancy Fishback, MD

fire and ordnance was exploding in the area. The copilot was thrown from the aircraft.

"Despite a horribly broken and deformed leg, he repeatedly tried to get back into the aircraft," O'Brien says. "We had to physically restrain him from attempting to go back in while we attempted our own rescue of the remaining guys."

WHY THEY DO IT

O'Brien's military experiences first as a combatant and later as a caregiver highlight the many ways in which EVMS faculty, alumni, residents and students have served — and in some cases continue to serve — their country.

Whatever their reason for joining — whether it was to see the world, continue a family legacy, serve their country or pay tuition — it is the people they encountered along the way who had the most impact on the lives of those who served.

"Having been a Navy pilot for 11 years before going to medical school, I can appreciate what the marines and sailors go through when they deploy to war," O'Brien says. "When I do my part, I really feel like I make a difference."

And it's not just the guys who sign up for something that might take them into perilous circumstances.

Alissa Garcia, a fourth-year EVMS student who plans to specialize in psychiatry, decided to

join the Navy in part because her father had a 20-year career as a military officer. She knows her choice to serve now will likely mean hazardous duty at some point in her career.

"I came in with my eyes open. I knew what I was getting into," Garcia says. "It's scary. I don't look forward to leaving my husband and my family and going to a place from where, in all honesty, I might not come back. But, it's part of the duty. It's part of what you sign up for."

Penny Giovanetti, DO, a third-year physical medicine and rehabilitation resident at EVMS, retired from the Air Force in 2007 after 27 years. Although the aerospace medicine specialist joined for financial reasons, she signed on again — and again and again — after her initial commitment was fulfilled.

"Most people will tell you that they stay for the people and that's true," Giovanetti says. "It's that sense of common mission and the sense of common commitment and the sense of common values that people share that you don't necessarily find in other places. I'm sure that you could achieve it somewhere else, but military is a 24/7 business. And that just makes a difference."

Nancy Fishback, MD, chair of pathology and anatomy and an EVMS Health Services physician, was in the Navy from 1991 to 1998. She saw both active duty and retired military patients during her tenure.

"There were people who, I know this sounds trite, were ready to go into harm's way. They are very competent people."

IN HARM'S WAY

EVMS Health Services physician Edward Oldfield, MD, who retired as a Navy captain after 22 years, also had a family connection (*see sidebar*). His father retired after 27 years in the Navy and his brother after 21 years. He met his wife, a Navy nurse, when he was chief of infectious diseases at Portsmouth Naval Medical Center from 1980 to 1982.

For Oldfield, a professor of medicine, microbiology and immunology, the travel and potential moves fulfilled a sense of adventure.

A Record of Service



A family tradition of military service: Dr. Edward Oldfield III (now an infectious diseases specialist with EVMS Health Services), seated at left, and his brother, Henry, pose with their father, Edward Oldfield Jr., in a family photo dated 1998. All three served as officers in the U.S. Navy.

In the course of his 22-year Navy career, Edward Oldfield, MD, an infectious diseases specialist, saw things few physicians did.

He spent two years in Egypt conducting investigations out of a Naval medical research unit based in Cairo. In their traveling laboratory, Oldfield and his colleagues researched epidemics throughout Northwest Africa. He investigated outbreaks in Sudan, studied dysentery in Mogadishu and examined cattle and goats for diseases that can be passed from animals to humans.

And even while in the United States, Oldfield, who spent five years as specialty advisor for infectious diseases to the surgeon general of the U.S. Navy, encountered some "bizarre" imported infectious diseases from veterans of the Vietnam and Gulf wars.

In October 1990, then-editor of *The Journal of Infectious Diseases* Sydney M. Finegold, MD, asked Oldfield to prepare an assessment of infectious diseases found in the Persian Gulf area.

"On January 16, 1991, when the political situation with regards to Iraq seemed to be heating up and the United Nations mandate had expired, I called Ed Oldfield to determine the status of the manuscript," Feingold wrote in the January-February 1991 issue of the publication. "Since war broke out two hours later, I was relieved to learn that the manuscript was in the last stages of a final revision."

Oldfield worked night and day to complete the manuscript, which eventually earned him the Louis Weinstein Award for the best clinical article published that year in *The Journal of Infectious Diseases*. Soon after its completion, the military distributed the special supplement to its medical care providers, many of whom had no idea how to recognize or treat the illnesses they were soon to encounter.

"The care providers on the ground learned what was potentially in the country and what to look for clinically," Oldfield says. In December 1992, when the U.S. deployed 15,000 troops to Somalia, Oldfield published a similar article for that region.

Now, students at Eastern Virginia Medical School and patients of EVMS Health Services benefit from Oldfield's knowledge and expertise. He has been a professor of internal medicine and director of the division of infectious diseases since he joined the school's full-time faculty in 1993.

“I personally wouldn’t take the experience back for anything. It’s camaraderie. It’s the sense of a different purpose beyond civilian medicine.”

Doug Browder, MD
UNITED STATES ARMY RESERVE

But once in the Navy, “It became more about the issues of the military and defending your country,” he explains. “You developed a great deal of respect for the enlisted people. It was an honor to serve them and keep them healthy.”

He believes the medical students who choose the military today exhibit an exceptional courage.

“When I made my choice, the Vietnam War was winding down. People now are making the decision to join knowing they are almost certainly going to Iraq or Afghanistan,” he says. “It’s not like you’re trying to get a free ride. You really know that you are going to go.”

Doug Browder, MD, a 2000 EVMS graduate and major in the Army Reserves, returned last

October from a four-month deployment to Iraq. Browder, an emergency medicine physician who also completed his residency at EVMS, was stationed at a forward operating base on the west side of Baghdad. He was assigned to the 115th Combat Support Hospital, which was responsible for detainee health care, but also treated U.S. soldiers and contractors.

Browder had family members in the military, too, and he chose the Reserves because it was a way to serve without a full commitment. But he joined before September 11, 2001, when the world was a much different place.

“I signed up not quite realizing what I was getting into,” he says. “I felt it was a way to help pay off some student loans and serve my country.”

Although in many cases, military physicians remain in safer areas, Browder says, “There are no safe places in Iraq. Every day could be your last day over there.”

Despite the violence, Browder says the Iraqi population as a whole doesn’t hate America, as many people believe. Providing medical care to heavily guarded detainees brought its own

challenges, but Browder and his colleagues hoped their services at least showed the prisoners that Americans will act with compassion.

“It’s very hard to take care of people that you know two hours ago set off a bomb and blew up 35 people,” Browder says. “But you have to set it aside. You treat detainees the same as U.S. soldiers, as the Geneva Conventions require us to do. In fact, we cared for U.S. soldiers and detainees in the same emergency department.”

Browder had few problems with the detainees for whom he provided care. “They realized once they were in U.S. custody that we would treat them with respect and dignity and they would receive full health care,” he says.

FROM CORPSMAN TO STUDENT

Some students come to EVMS after serving in the military. Paul Snow, who graduates in May from the Master of Physician Assistant program, retired from the U.S. Navy as a master chief after 22 years.

During his naval career, Snow received a Meritorious Service Medal, four Navy and Marine Corps Commendation Medals and two Navy and Marine Corps Achievement Medals, in addition to numerous other honors.



Ryan Light, M4
UNITED STATES NAVY

He completed three separate six-month deployments and several shorter deployments, and he provided primary clinical and emergency care, preventative medicine and occupational medicine without direct supervision from a doctor for the crew of the USS Osprey in 1991.

Although he wasn't working under battlefield conditions, shipboard duty had its own hazards for a corpsman; for example, a sailor was once injured by falling equipment. "I basically had to stabilize him while the ship was rocking violently,"

Snow explains. "I had to staple his head closed."

When he graduates, Snow hopes to practice rural medicine and believes his work as a corpsman gives him an advantage. "I think that understanding much of the basic curriculum prior to coming to school has really enhanced my ability to learn the more in-depth concepts," he says.

Ryan Light, a fourth-year medical student and former corpsman, agrees. Light spent nine and a half years in the Navy — five as a platoon corpsman for SEAL teams.

"There were a lot of times in medical school during basic science where we learned about diseases and what we should be looking at and I actually had the clinical experience from before," he says.

He knew, for example, how to put in a chest tube to treat a collapsed lung. "You need to recognize it quickly," Light says. "Needle decompression is the treatment for it, and I understood it from my paramedic training."

Light came to medical school with an ability to persevere under any circumstances and he says that nothing about medical school was anywhere near as difficult as his military experience.

"You learn to deal with the situation at hand and make decisions on the fly," Light says. "I just do what I need to do to get through."



Ryan Light's military medical gear

THE HOME FRONT

For those with a spouse or family, the pressures of deployment can be manifold.

When he left for Desert Storm as a pilot, O'Brien had a wife and kids at home. "I knew they were going to be taken care of and I knew that if something happened to me, there were capable physicians right there with us," he says.

O'Brien has three children ages 18, 15 and 12 — none of whom were born while he was deployed. But in his most recent tour at Portsmouth Naval Hospital, his work frequently brought him to the obstetrics ward.

"It was extremely rewarding to be able to help these young ladies tolerate the pain of delivery made worse by the absence of their husbands," O'Brien says. "Everyone at [the Naval hospital] tries hard to make it a positive experience for these ladies."

Fourth-year student Garcia knows first-hand what it feels like to be left behind while a spouse is deployed. Her husband, a Navy submariner, returned from a seven-month deployment in May 2007. When a spouse leaves, there are logistical concerns. Is the family car inspection up to date? How will we handle finances? And there are the much thornier emotional issues.

"It's like 'Oh my gosh. I'm mad because you're leaving, but really I'm worried sick, so I might as well be angry,'" Garcia says. "Once

they leave, there's this huge sense of relief because calm has returned. But then that segues into, 'Oh my gosh. They just left.'"

At the time of her husband's deployment, Garcia had a close-knit group of spouses who relied on each other for support. As a Navy psychiatrist, one of her roles will be to help run pre- and post-deployment briefings, in which families learn what feelings they might experience in the course of a deployment as well as what resources are available.

"You need support when people are deployed — for the family and for the service member," Garcia says. "I would hear from my husband what the guys were going through on the boat — that they could really use someone to talk to."

FOND MEMORIES

Despite the risks, the medical professionals who serve in the military believe in the importance of their service.

Snow, the PA student, says that as he advanced in his Navy career, his work took on a more administrative role in resource and personnel management. He decided to leave the Navy in part because he was training more junior corpsmen to provide care rather than providing the care himself.

But he misses it every day.

"It's a calming sense that although you may be in a hazardous environment, your shipmates are in a hazardous environment with you and you have all the tools to prevent any harm — like a feeling of invincibility that comes from confidence in your training," Snow says.

Browder, the Army reservist, says he plans to finish 20 years in the service.

"I personally wouldn't take the experience back for anything," he says. "It's camaraderie. It's the sense of a different purpose beyond civilian medicine."

"It's exciting to see things you just wouldn't experience. Once it is over, you are glad you are home. But you look back on it with fond memories." □



Dean Pepe reviews test results with Marcia Burch who manages his research laboratory.



GERALD J. PEPE, PHD
DEAN AND PROVOST

THE RESEARCH DEAN

Vision and open-door management style foster faculty unity

Early in his term, the Eastern Virginia Medical School faculty gave President Harry T. Lester a petition.

“The department chairs came to me and asked me in writing to appoint Gerald Pepe as the permanent dean,” Lester recalls.

This was the spring of 2005, a time when the school, founded to improve health care in Hampton Roads, was confronting its own challenges related to financing and accreditation.

“I said, ‘Hallelujah! I’ll do it today,’” Lester recalls. “The faculty gave me advice that made me look good.”

With that appointment, “interim” was removed from Pepe’s title as dean, and he also became the provost — free to exert leadership on matters of curriculum, faculty staffing and student admissions. And the school was set solidly on course to follow the vision of a faculty veteran who draws on his passion for the medical school and his experiences as a highly respected researcher.



Dean Gerald J. Pepe, right, and President Harry T. Lester have won widespread praise for their congenial relationship and numerous accomplishments over the last few years such as building strategic partnerships and expanding research in line with community needs.

Those who work with him depict Pepe as a modest man with a generous sense of humor, a knack for interacting with others and a relentless drive to see the school reach its full potential.

“I find Dr. Pepe to be extremely approachable and a very good thought partner,” says Mary Blunt, who as corporate vice president and administrator of Sentara Norfolk General Hospital meets with Pepe regularly.

“He’s rock-solid — a powerhouse,” Lester says. “He’s well-liked, well-respected and just goes about his business of running the school. He fixes what’s not working right. He’s low-key, quietly making significant changes that improve the school.”

Longtime peers say those traits have been a hallmark of Pepe’s career — even from his early days at the National Institutes of Health.

“He’s able to see the big picture, and I think that, along with his affability, makes for a perfect, strong administrator,” says Eugene Albrecht, PhD, a friend and research colleague for more than 30 years.

Campus leaders whose tenure predates Pepe’s appointment as dean say his leadership has helped build a spirit of camaraderie among the faculty and served as a catalyst for creating a clear direction for EVMS’ future.

“His transparency and his open-door management style have brought about a unity that had been lacking among the faculty,” says Alfred Z. Abuhamad, MD, associate dean for clinical affairs and chair of the Department of Obstetrics and Gynecology. “For the first time, we have a clear vision.”

Squarely in that vision is greater emphasis on continuing EVMS’ evolution into a prominent academic medical center. Early in his career, Pepe was a researcher at the NIH. Since his arrival at EVMS in 1978, Pepe has continued his research work with continuous support from the NIH — the gold standard for medical research and among the most difficult flows of funding to tap.

His commitment to research served as a guiding influence as Pepe inherited the responsibility of developing similar potential on campus. And it has formed the foundation of his growing reputation as “the research dean.”

“Research distinguishes the institution,” Pepe says. “Why do people think they have a better chance of surviving if they go to the Mayo Clinic or Johns Hopkins? Because that’s where they’re doing research. That’s where they have the opportunity to be seen by the top physicians in the country.”



Students lined the hallway to applaud newly installed Dean Pepe and President Lester during an academic convocation February 15, 2006. Previously, Dean Pepe had been serving on an interim basis.

Pepe sees EVMS as a magnet that draws together scientists, physicians, institutions and patients toward the development of better health care. That was the rationale behind the agreement that EVMS recently signed with the University of Virginia that will bring new clinical trials to Hampton Roads. The agreement also will foster collaborative research between scientists and physicians at the two institutions.

“We don’t want to be just testing drugs,” Pepe explains. “We want to develop some of them for others to test.”

Besides the bottom-line goal of saving lives, that will mean greater prestige and awareness for EVMS, which will build momentum to steer even more research toward the school and provide even greater reason for the best teachers and students to come here.

In his State of the School address last November, Pepe explained, “The goal is collaboration and the creation of teams that participate in translational research — research that moves findings from the laboratory to the patient to the community.

“By bringing together our researchers, our hospital partners, our community and EVMS Health Services physicians, we position ourselves as the regional leader in integrating research into medical practice. We facilitate the delivery of cutting-edge treatment to the patients who need it most.”

While EVMS has shed its veneer as a young institution, Pepe, who holds a doctorate in physiology from the University of Kansas, notes that the idealism and determination of the 1970s abounds — the spirit of a medical school that sprang not from any legislature or worldwide foundation but from a regional grassroots movement.

“EVMS is a phenomenal place to be,” Pepe says, espousing a theme he repeats whenever he has the chance. “We create an environment of making something happen, not just for ourselves, but for the community. We are always helping each other. We have a spirit of community.

“We want our students to be number one,

“You won’t find
a dean who works
any harder and is
more hands-on.”

JERRY L. NADLER, MD

CHAIR OF

INTERNAL MEDICINE

"He's rock-solid –
a powerhouse.
He's well-liked,
well-respected
and just goes
about his business
of running
the school."

HARRY T. LESTER
PRESIDENT

and we are proud that the Hampton Roads area thinks of us as their own. The crown jewel of our area is this medical school. It brings to Hampton Roads people who otherwise wouldn't be here."

One such person is Jerry L. Nadler, MD, another NIH-funded researcher, who left the University of Virginia last summer to join the EVMS faculty as chair of the Department of Internal Medicine.

Nadler says Pepe's status as a successful researcher helped attract him and others to EVMS. But it is his work ethic and his commitment to EVMS that impresses candidates once they meet him.

"You won't find a dean who works any harder and is more hands-on," Nadler says. "I noticed that, and all the other recruits have said how impressed they are with how Dean Pepe gets directly involved and has a positive attitude about EVMS."

Nadler says he still finds Pepe responsive and true to his word.

"He's very up front and very direct, and what he says he really means," Nadler says. "That's very refreshing."

Pepe's research vision is a major element of encouraging veteran researchers, such as Nadler, to come on board.

"We're trying to dovetail research where we can," Pepe explains, "bringing programs together. This is how we get the most out of the collegiality we foster, and how we get more than we would get if each department just worked separately."

Pepe's own research, which focuses on fetal development, stands as an example of the caliber of studies he hopes to grow at EVMS. He is one of three project leaders on a cooperative research grant — one of only 14 of its kind in the country — from the NIH. Also, he and Albrecht, his long-time research collaborator, have for 30 years received continual NIH grant funding for their study of estrogen's role in fetal development. Receiving funding for that length of time is a rare accomplishment in an environment where the two must compete with scientists from around the country for funding every five years.

"He is an internationally renowned scientist. He is well known in this country and internationally for his research," says Albrecht, who worked with Pepe at the NIH and now serves as a member of the school's research advisory council. "He is highly respected for his integrity and the novelty of his research."

"Jerry is just a modest person. He's not out to achieve all the glory and the limelight, but he achieves it because what he does is so good."

It was the opportunity to continue what he started at the NIH that attracted Pepe to EVMS in 1978. The small-school environment offered him the opportunity to advance his career and pursue the research that most interested him, and he rose through the faculty ranks to serve as chair of the Department of Physiology (now known as Physiological

Sciences) for 20 years before he was tapped as dean.

An ice hockey fan who keeps a picture of the old Boston Garden on a shelf in his office, the Rhode Island native acknowledges in a manner that only hints at a New England upbringing that his job requires a balancing act — the kind of balancing that a skater dashing up ice while fending off defensemen would easily understand.

"Obviously, there are a number of competing priorities," he says. "But I work with a team of highly qualified people."

Since Pepe became dean, EVMS has achieved full accreditation through 2012 from the Liaison Committee on Medical Education, the nationally recognized accrediting authority for medical education programs leading to the MD degree in all American and Canadian medical schools.

"We're now nationally competitive — for faculty and students," Pepe says. For 115 openings in the incoming MD class, the school received 5,000 applications. That doesn't count a significant number of applicants for the health professions programs.

"Students who are applying here want to come here. And those who have been here and come back are impressed," he says.

Those who come today, he says, remind him much of those who were part of the early years. "Their goals and aspirations are comparable. They're eager to participate in the learning process, and they're compassionate," Pepe says.

And, he adds, they have in common with their predecessors the esprit de corps that has always bonded EVMS classmates to each other and to the school. "Collegiality has always been the nature of the community here. It's part of the philosophy of the school, the fiber of our organization."

In his November address, Pepe touched on EVMS' commitment to enhanced student-body and faculty diversity, pointing to the increase of partner institutions participating in EVMS' BS/MD program. All five of Virginia's historically black colleges are now involved — Hampton, Virginia State, Virginia Union and Norfolk State universities, and St. Paul's College.

And, his effort to strengthen the faculty never ends. "We're now bringing in faculty members who might not have given us much consideration in earlier years," Pepe says. "We're nationally competitive."

"The world of science has changed and the world of student learning has changed. What remains constant here is that we have high-level individuals who can be compassionate and respectful of each other — even when we disagree. We want stars, but we want those stars to shine on EVMS, not just themselves." □



At the fall 2007 white coat ceremony for entering medical students, Dean Pepe congratulates student Danae Campbell.

HEALTH PROFESSIONS

ALUMNI ASSOCIATION *schedules elections, banquet*

When the more than 350 students now enrolled in the EVMS School of Health Professions graduate, they will automatically become members of the newest alumni organization on campus.

The EVMS Health Professions Alumni Association was recently established to strengthen the school's ties to graduates of the programs that comprise a large portion of the EVMS student body.

Establishing an association geared specifically toward the 1,246 EVMS Health Professions alumni gives them parity with their MD counterparts while acknowledging their distinct contributions to patient care and research.

"The point of it all is to bring the alumni back to campus, to reinvigorate their relationship with their program and make sure they feel a part of the EVMS family," Alumni Relations Director Melissa Lang explains.

Graduates from the Master's of Public Health Program gave the concept its initial

push, and former students of other programs endorsed the idea. The increasing number of health professionals across the country and billowing demand for caregivers like physician assistants make it all the more necessary to have an organization in place that satisfies their needs — particularly when it comes to continuing education.

"Alumni associations are powerful and beneficial contributors to the continued success and growth of their schools," Aaron Lambert, a 2007 MPH graduate, says.

"The new association represents the beginning of what I'm hoping will be a strong and collaborative effort towards growing the [Health Professions] programs, providing the opportunity to network among fellow alumni and working with the students, faculty and EVMS community to help us continue to succeed."

With that kind of momentum and energy, it didn't take long for the new association to come to fruition. A steering

committee came together in 2008 to lay the groundwork for the organization, and by last summer, its bylaws were approved.

The association will operate much like the medical alumni organization, but cater to the needs of health professionals. In addition to continuing education, it provides an avenue for reunions and a range of other activities.

A call for Health Professions Alumni Board of Trustees members will go out via the alumni Website, www.evmsalumni.com/Health-Professions.cfm, and its first official event will take place in the spring.

The first annual Health Professions Alumni Association Meeting and Banquet will be held at 6:30 p.m. on April 18 at the Norfolk Yacht and Country Club. EVMS President Harry T. Lester and School of Health Professions Vice Provost C. Donald Combs, PhD, are scheduled to speak along with the soon-to-be-elected first president of the association. □

ROBINSON LEADS TECHNOLOGY

continued from page 12

The methods and resources used in those efforts, though, have changed dramatically, and EVMS has been at the forefront of developing many of those new resources.

For instance, EVMS was among the first schools to have librarians on both its Institutional Review Board and its Institutional Animal Care and Use Committee. All research involving living subjects goes through at least one of those bodies, and the librarians' role is to provide the committee with information about whether there are ways to complete the investigation other than the proposed method. Robinson and her staff have since trained other institutions how to incorporate librarians into their research proposal vetting processes.

Robinson also provides the Brickell Library's services to the Virginia General Assembly's Joint Commission on Health Care. The library has teamed up with other state agencies to provide resources that school children can use for health-related homework.

Going forward, Robinson anticipates more journals and traditionally printed materials moving exclusively to digital

formats, and she expects the school to use the internet more extensively to take advantage of resources generated elsewhere, such as other medical schools.

The dean's Library Advisory Committee is leading the way in part of that effort, experimenting with a blog-based meeting format that allows members to discuss ideas from wherever they may be. If successful, other committees on campus could replicate that model. Along the same line, enhanced web-conferencing capabilities also would allow, for instance, the two clinical medical librarians to expand their participation in physician-training opportunities.

Whatever the specifics, Robinson says her mission now is to continue building the network of new information outlets so the school is positioned to best cater to the needs and capabilities of students for whom technology is innate.

"The Net Generation is here, and we need to be ready for them," she says. □



GRADUATE COMBINES PASSIONS FOR MEDICINE, WRITING & RELIGION

Had Chris Adrian, MD, been born a few centuries earlier, his aptitude for juggling would have made for an act worthy of a medieval king's court. Adrian is a true Renaissance man — and busy.

He wrote a novel while attending Eastern Virginia Medical School; authored another novel, several short stories and numerous articles while completing a pediatric residency at the University of California at San Francisco; is enrolled in a pediatric medicine fellowship program there; and is pursuing a degree at Harvard Divinity School.

"Sometimes I think I'll be 60 years old and still attending school," says Adrian, 38.

As much as there is talent and passion, there also is a plan behind the varied career path of the 2001 EVMS graduate. Residency came before divinity school because breaking the continuity of medical training, he says, "was probably not a good idea."

The practice of medicine goes hand-in-hand with the insights gained from the study of religion, says the pediatric oncologist. "What I learn in divinity school will make me a better physician. I'll be better able to counsel and minister to my patients and their families."

He expects to graduate from Harvard in 2010.

And all the while, ideas for stories and

novels continue to develop and provide an outlet for creativity.

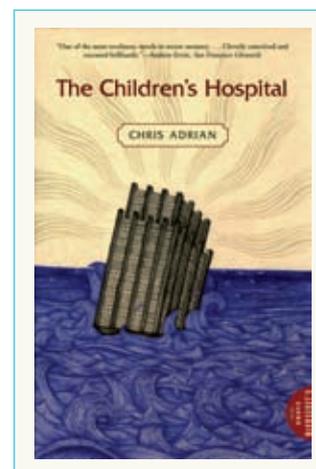
While a student at EVMS, the 2001 publication of his first novel, *Gob's Grief*, drew attention to Adrian and Eastern Virginia Medical School.

Gob's Grief, a surrealistic work set in the Civil War era, is about how the death of a brother sets a sorrow-filled young man on a journey that includes meeting the poet Walt Whitman, discovering his mother has become a suffragette and building a machine to resurrect the dead.

That novel was followed in 2006 by *The Children's Hospital*, the story of a medical student endowed with unusual powers, working in a hospital that floats atop an Earth covered with water seven miles deep. Reviewers have described the book as full of fairy tale-like characters, blending medicine and magic.

Journals such as *The Paris Review*, *Ploughshares*, *The New Yorker* and *Esquire* have published his short stories.

But how does he find the time? "I don't get to watch much television," Adrian says. More seriously, he explains that he has been fortunate to work with people who have afforded him flexibility to accommodate his many passions.



Adrian's first book, *Gob's Grief*, was authored during his studies at EVMS. His latest book, *The Children's Hospital* (left), was written during his residency.

Find links to his books online at www.evms.edu/magazine

"I'm lucky that people have worked with me in that respect," he says. "As a student at EVMS, they gave me eight weeks off to finish *Gob's Grief*, and the administration [at UCSF] has given me permission to take longer to complete the fellowship."

With planning and the cooperation of others, he says, an individual who applies himself or herself can pursue several passions simultaneously, to the detriment of none. "It's not as difficult as most people think," Adrian says.

And it will get you away from the television. □

35th anniversary

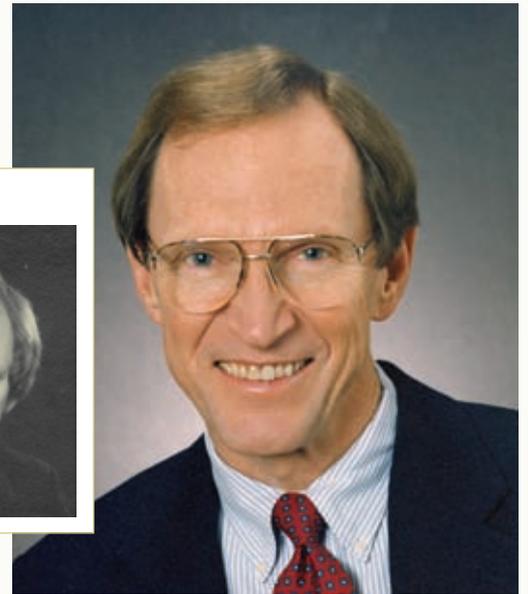
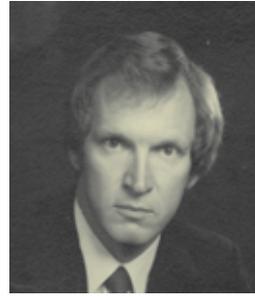
THEN



Pat Williams, PhD

NOW

THEN



Jim Carraway, MD

NOW

THEN



Kerri Shaw,
MS, MSLS

NOW

THEN



Thomas Hubbard,
MD, JD

NOW

As EVMS celebrates its 35th year, we thought it appropriate to highlight some of the people who have been here since we opened our doors. Clockwise from top left are pharmacologist Pat Williams, PhD; plastic surgeon Jim Carraway, MD; librarian Kerri Shaw; and Tom Hubbard, MD, JD, who was a student in the school's first MD class and now is an administrator and member of the pediatric faculty.

For a full list of our 35-year veterans, visit www.evms.edu/magazine.

SCRIBNER PROFESSORSHIP

is part of a family legacy

For more than a half-century, chemist and Portsmouth businessman A. Kenneth Scribner Sr. encouraged philanthropy through his commitment to education, community service and the advancement of others. He and his wife were generous supporters of several local schools and universities, and supported the founding of Eastern Virginia Medical School.

Their son, Ken Scribner, and his wife, Sue, took up the family tradition with their own passion and commitment. The two were regular contributors to the medical school and many other charitable causes in the Tidewater region.

Ken Scribner was born in Portsmouth and attended Harvard beginning at age 17. His studies were interrupted by his service as a navigator on a B-29 bomber — called the City of Portsmouth — in the Pacific during World War II.

With additional training through the Advanced Management Program (AMP '59) at Harvard, he worked 33 years for what was then Virginia Chemicals, eventually retiring at the age of 55. He survived a brush with lung cancer and now, a great-grandfather, is going strong.

Sue Scribner, a native of New Hampshire, raised the couple's three children and led a life that combined service with the pursuit of eclectic interests. She volunteered at the Portsmouth Naval Hospital as a non-medical aide, or "gray lady." An avid reader, she repaired books and regularly provided reading materials to mentally ill veterans.

Sue Scribner was interested in medicine and unafraid of experimental treatments. When their children were born, she was an early proponent of natural childbirth, a practice then known as childbirth without fear.

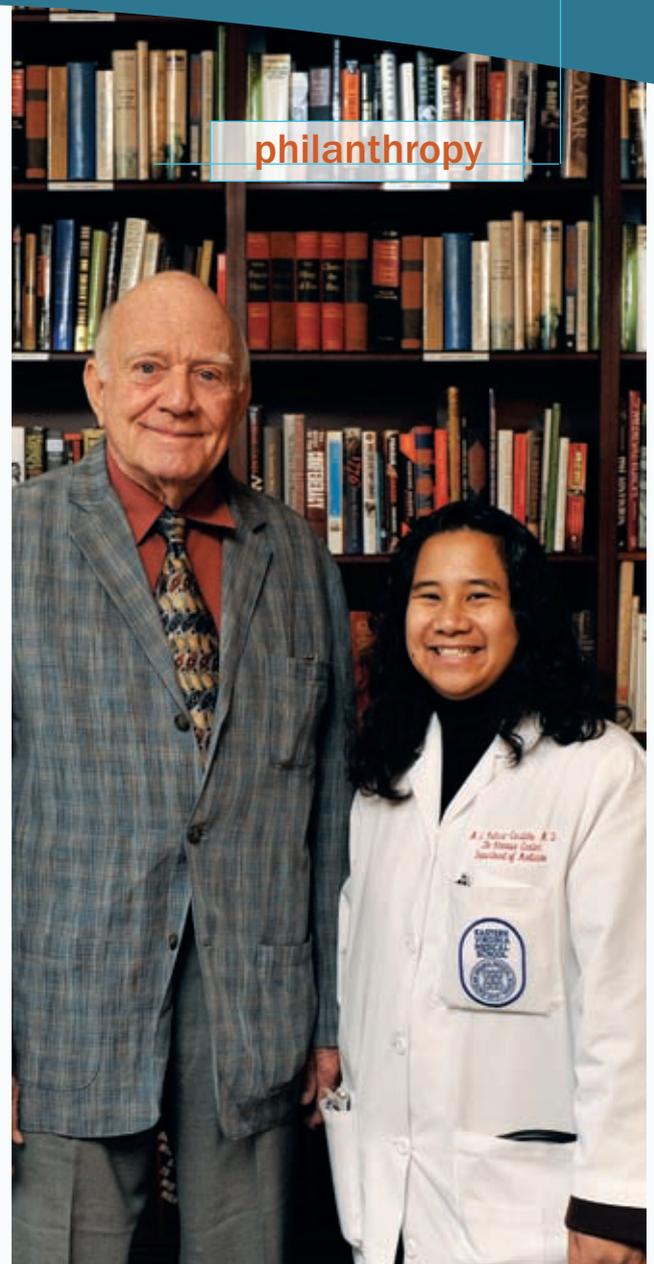
"She was a fascinating companion," Ken Scribner says. "She loved boating, she loved fishing, snorkeling, scuba diving, snow skiing — she had to quit jumping because she messed up her knee."

When Sue Scribner died in September 2002, more than 100 people attended her memorial service. They varied in age from 13 to 89 and represented the array of individuals she had befriended as a result of her varied interests. "She loved the sea so much we scattered some of her ashes in the Chesapeake Bay," says Ken Scribner.

While her death was a loss to the community, her foresight allowed her to leave the community one last gift — the Sue Faulkner Scribner Distinguished Professorship in Geriatrics at EVMS.

"She was always interested in old people being treated with respect," Scribner says of his wife's motivation to create the Scribner professorship. He also is a strong advocate for healthy aging. "Exercise your mind, exercise your body, watch your diet and watch your weight," he implores his friends.

For Marissa Galicia-Castillo, MD, the newly named Scribner professor, that respect begins with understanding the special needs of the elderly. Galicia-Castillo works with students



Ken Scribner and Marissa Galicia-Castillo, MD, the newly named Scribner professor.

across the health care spectrum, from health-professions students to medical students, residents and geriatrics fellows.

The attention for geriatric medicine is welcome. Even though there is a growing need for physicians trained in geriatrics and the specialty has a high rate of job satisfaction, only about one percent of medical students choose to enter the field. "It helps augment what we're already doing and raises awareness that geriatrics is important," says Galicia-Castillo. "The Scribner Professorship allows me to spend more time in education.

"He's got a great attitude," Galicia-Castillo says of Ken Scribner. "He's not just going to give you the money. He wants you to show him how you can put it to work."

She says Scribner sets a good example. "He's a model for successful aging." □

BURROUGHS *made a mark on EVMS, region*

Charles F. Burroughs was a keen businessman whose devotion to his community helped bring Eastern Virginia Medical School from ambition to reality.

“Charles Burroughs embodied those characteristics that one would treasure in a close friend. Integrity and reliability, of course, but Charlie was also a pleasant and cheerful person who was fun to be with whether things were going well or not,” said Toy Savage Jr., a Norfolk attorney and longtime friend of Burroughs’.

Burroughs played an instrumental role in building early support for the medical school, and once EVMS opened its doors, he remained a guiding influence at what grew into one of Hampton Roads’ most crucial

assets. But his dedication didn’t end there.

Burroughs, who passed away last fall, left a \$1.4 million estate gift to the school. This generous donation honors his commitment to EVMS and ensures his legacy as one of the visionaries who realized long ago the importance of having a robust academic medical center in the region.

Burroughs brought steady leadership to the roles he filled at EVMS, including his time as rector of the EVMS governing body and as interim president. He laid the groundwork for his bequest 20 years before he died. He penned a handwritten note in 1987 saying he planned to give at least \$250,000, but that sum more than quintupled in subsequent years. He wrote that he did not know what the school might need money for,

so he did not designate a purpose for the funds. Today, that means his legacy can touch every corner of campus and benefit school priorities that could not have been envisioned two decades ago.

In recognition of his gift and his decades-long commitment to the school, the renovated Board of Visitors meeting room in Fairfax Hall was renamed the Charles F. Burroughs Board Room.

“Charlie Burroughs left an indelible mark on this region, and EVMS in particular has a lot to thank him for,” says EVMS President Harry T. Lester. “He was one of the most important philanthropists in Hampton Roads and a pillar in the community. He was a generous, wonderful person — a really great guy.” □

RECENT GRADUATES BECOME

New Donors

Elizabeth Illig thinks of it as the equivalent of forgoing a dinner out. The \$35 she could spend on a meal in a nice restaurant goes instead to the school that trained her to be an art therapist and set her off on a promising career.

Though she received her degree last May and is just starting out, she has joined the corps of donors to Eastern Virginia Medical School because she views it as critical to give back to the institution that laid the groundwork for her future.

Painful? Not really, she says.

“The \$35 I give is nothing huge, but I know it helps,” Illig says. “All donations are important, and it helps me continue to feel connected to EVMS and the art therapy program. I want to feel that connection to something larger than myself.”

Becoming a donor right out of school also gets her into a constructive routine that helps build the bright future envisioned for her school.

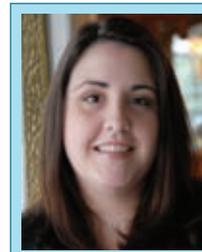
Many of today’s medical school graduates

face debts of more than \$100,000 when they leave school, and typically it is not until about five years later that they begin giving to their alma mater.

According to the 2007 Annual Development Survey of the Association of American Medical Colleges, the average yearly donation by a medical school alumnus or alumna is \$1,256.

What Illig, who now practices in Austin, Texas, and a few other 2008 graduates of EVMS are doing is not only helping to make a difference now; it’s creating a pattern for their own futures and setting an example for others.

“EVMS is a different kind of medical school because it was founded on the vision of the Hampton Roads community, and it was founded by the people of the community,” Alex Seamon, MD, says. He’s now an internal medicine resident at the University of Florida’s hospital in Gainesville. “I believe all of us can do something to continue to fund it and make it better than we found it.



Elizabeth Illig, MPA



Alex Seamon, MD

“Yes, I have student loans,” the Roanoke native says, “but I’m glad now just to be making money. And as long as I am, I’m motivated to give back to EVMS — to give what I can.”

Physician assistant Deanna Salyer of Virginia Beach, a member of the emergency team at Bon Secours, views her contribution as an investment in the training of future members of the medical profession.

“EVMS has done a lot for me,” she says, “and I think it’s important to support the programs for the students who will come along.” □ To donate to EVMS online, go to www.evms.edu/giving.



“He was one of the most important philanthropists in Hampton Roads and a pillar in the community. He was a generous, wonderful person — a really great guy.”

HARRY T. LESTER,
PRESIDENT

upcoming

Parents' Weekend – March 13-14

Families of first-year MD students are invited to campus for an inside look at medical education. The event will give parents a chance to mingle with the school's leaders, including the president and dean, and experience a taste of student life. On Saturday, members of the EVMS faculty will give short medical lectures, and students will lead tours through some of the school's active research areas. Tours of the Brickell Medical Sciences Library and a session detailing how students are taught to interact with patients also will be available. For more information, go to www.evms.edu/parents.

Match Day – March 19

Fourth-year medical students will join others across the country in learning where they will serve their residency and spend at least the next three years continuing their medical training. Adding to the excitement of the day, the outgoing medical students dress in costumes and decorate Lewis Hall's McCombs Auditorium, where the event takes place, based on a predetermined theme.

First Annual Health Professions Alumni Meeting & Banquet – April 18

The first-ever EVMS Health Professions Alumni Association reunion and meeting will be held this spring at the Norfolk Yacht and Country Club. All

School of Health Professions students, alumni and faculty are invited to take part in this inaugural event. There will be plenty of opportunities for social and professional networking and to hear the latest news about EVMS. Visit www.evmsalumni.com for event and registration details.

Northern Virginia EVMS Alumni Association Gathering – April 23

EVMS medical, health professions and residency alumni in Northern Virginia are invited to this gathering with a panel of MD and HP Alumni Association Board members at 7 p.m., Thursday, April 23, in Northern Virginia. The evening will include a cocktail reception and an EVMS update from Claudia Keenan Hough, vice president for external affairs. For the location and further details, visit www.evmsalumni.com.

Mike Cavish Golf Tournament – April 27

Golfers from across the region will take to the course this April for the 11th annual Mike Cavish Golf Tournament.

The event, which honors the memory of local restaurateur and community leader Mike Cavish, will be held at the Elizabeth Manor Golf & Country Club in Portsmouth, and benefits the Strelitz Diabetes Center.

Graduation – May 16

EVMS will hold its commencement ceremony for graduating medical and health professions students beginning at 10 a.m. in the Scope Arena in downtown Norfolk. Students will receive graduation information packets soon detailing the specific events of graduation week and informing each graduate what they must do to ensure a smooth transition to the next phase of their careers. Information also will be available online at www.evms.edu.

Cookout for the Cure – May 28

The Hampton Roads Shipping Association and the International Longshoremen's Association will host the 15th Annual Cookout for the Cure at Fleet Recreation Park at Naval Station Norfolk from 4 to 8 p.m.

The event raises money for the Diabetes Center Foundation, which supports the Strelitz Diabetes Center of Eastern Virginia Medical School. The cookout features barbecue grilled by competing teams from organizations throughout Hampton Roads, as well as musical entertainment and children's activities. □

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Eastern Virginia Medical School

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