

CENTER TIMES

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CAMPUS EDITION



Dr. Susan Matulevicius, Assistant Dean for Faculty Wellness, (far left) checks out a booth that provided information on improving sleep.

Wellness Symposium highlights campus resources to combat stress, burnout

By Carol Marie Cropper

UT Southwestern's inaugural Future of Medicine Wellness Symposium armed faculty, students, and staff involved in clinical care with critical tools and strategies to bolster their emotional well-being and mitigate burnout.

"The Symposium was designed to show our students, faculty, and staff the resources that are here at UT Southwestern and how they can benefit from them," said Dr. Susan Matulevicius, Assistant Dean for Faculty Wellness and Associate Professor of Internal Medicine. "We hope the information will help the professionals who work here find a better and happier balance in their lives – and also to know we're here to support them when they need it."

The two-day event, held Oct. 16-17 and hosted by the Office of Faculty Wellness, included a Wellness Fair offering information on a variety of health subjects and campus resources.

Also a highlight, Wellness Workshops featured presentations and discussions on challenges faced by physicians, medical students, and other health care staff as they try to balance work and a meaningful personal life. Topics included healthy eating, work-life balance, financial wellness, mitigating burnout, and improving sleep.

Lack of sleep is a common challenge that health care providers face. In her sleep workshop, Dr. Natalia David, Assistant Professor of Psychiatry, discussed the importance of adequate, quality sleep to reduce burnout and mental illness, and for overall well-being.

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LEADERS IN CLINICAL EXCELLENCE AWARDS



Winners of UT Southwestern's 2019 Leaders in Clinical Excellence Awards

The stars shine bright at campus celebration for 'Leaders in Clinical Excellence'

By Heather Svokos

Dr. Jaclyn Albin stood at the lectern on stage at the Tom and Lula Gooch Auditorium and, with one impromptu remark, set the tone for the second annual Leaders in Clinical Excellence Awards ceremony.

"This feels a little like the Academic Medicine Oscars," said the Assistant Professor of Pediatrics and Internal Medicine, earning the first laugh of many to come at the Nov. 6 event. It was indeed a special celebration, woven through with inspirational backstories, laughter, emotion, and gratitude.

About 400 people gathered for the awards program, which was established to honor the exceptional contributions of clinical faculty to the care of our patients, to the education of the next generation of health care professionals, and to UT Southwestern overall. In all, 15 awards were distributed

across seven categories.

This year the awards roster included the prestigious Patricia and William L. Watson Jr., M.D. Award for Excellence in Clinical Medicine, which remains UT Southwestern's highest honor for clinical care.

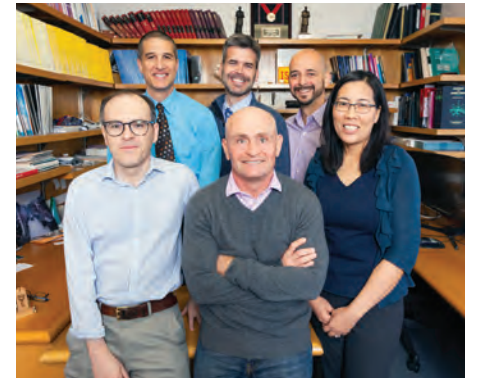
The campuswide event was capped with a reception that transformed McDermott Plaza into a jazzy, twinkling, tree-lit wonderland.

UT Southwestern President Dr. Daniel K. Podolsky opened the program. Along with Dr. W. P. Andrew Lee, Executive Vice President for Academic Affairs, Provost, and Dean of UT Southwestern Medical School, and Dr. John Warner, Executive Vice President for Health System Affairs and CEO of UT Southwestern University Hospital, the three presented recipients with their awards.

As each person was called to the stage, the audience was treated to a moving video

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INSIDE: See all of this year's winners on pages 4-5.



The UTSW research team studying exercise-induced brain activity includes (clockwise, from top left) Drs. Jeffrey Zigman, Kevin Williams, Carlos Castorena, Syann Lee, Joel Elmquist, and Laurent Gautron.

\$10M NIH grant funds study of brain's link to metabolism, fitness

By James Beltran

UT Southwestern researchers have been awarded more than \$10 million from the National Institutes of Health to study how exercise-induced brain activity leads to changes in metabolism and body composition.

The five-year program, funded by the National Institute of Diabetes and Digestive and Kidney Diseases, is led by a multidisciplinary team of researchers that will examine the brain's role in metabolism, appetite, and physical endurance. Among other goals, the researchers aim to understand why exercise alone is often not enough to lose weight.

"While the physiological responses to exercise have been well documented, especially in humans, the cellular mechanisms and neural circuits underlying these responses are poorly understood," said Dr. Joel Elmquist, Professor of Internal Medicine and founding Director of the Center for Hypothalamic Research at UT Southwestern as well as Principal Investigator for the grant project. "Our team believes that understanding these mechanisms will lead to improved strategies to target circuit mechanisms and, ultimately, new treatments for conditions such as obesity and diabetes."

The grant will fund three primary projects exploring relationships between exercise and the brain, each of which is headed by faculty in UT Southwestern's Center for Hypothalamic

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UTSW Medical School legacy continues through three generations



Dr. Karen Andre and her sons (from left, Lincoln, Graham and Dr. Kaden Andre) are all UTSW Medical School graduates or students.

By Nyshicka Jordan

With four current or aspiring doctors in the mix – all connected to UT Southwestern – you'd imagine medicine comes up frequently at Andre family get-togethers. Surprisingly though, that's not the case.

"We talk about the Cowboys, hunting, trucks, and what's happening on Netflix – regular life stuff," said Graham Andre, a first-year student at UT Southwestern Medical School.

But "regular life" for the Andres is far from ordinary, considering their same career choice. Graham is following in the footsteps of his two older brothers,

Lincoln Andre, a fourth-year UTSW medical student, and Dr. Kaden Andre, a 2019 graduate of the Medical School and current intern. The three brothers said UT Southwestern's reputation, clinical excellence, exposure to a large and diverse patient population, and proximity to their hometown were deciding factors in attending the same medical school.

But the family legacy of UTSW Medical School alumni actually began two generations earlier with their late grandfather, Dr. Van Kaden, who graduated in 1951. Then their mother, ophthalmologist and plastic surgeon Dr. Karen Kaden Andre, continued the

tradition when she graduated in 1980.

The beginning of a legacy

Dr. Kaden's path to becoming a physician began as a pre-med student at the University of Tennessee. However, his plans got put on hold in 1942 when he was drafted into the Army Air Corps during World War II. When the war ended, Dr. Kaden moved back to his native Texas, completed pre-med at North Texas State University (now the University of North Texas), and then enrolled at UTSW.

He subsequently completed his resi-

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Visit our website at utsouthwestern.edu/ctplus

EMPLOYEE TOWN HALLS

President Dr. Daniel K. Podolsky shares vision, accomplishments, and growth plans for UT Southwestern.

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HONORING DIVERSITY

Annual Hispanic and Latino Heritage Month Celebration highlights the inspirational message of an AHA executive.

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HIKING FOR MIKEY

A UT Southwestern medical student walks 2,650 miles in honor of a friend's brother.

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Professor Emeritus Cox celebrates providing care for 60-plus years

By Ashley Green-Jones

Dr. Rody Cox is known for his crisp signature bow tie, his pressed white coat, and his memory that holds over 90 years of life experiences. After 31 “wonderful” years at UT Southwestern, and 67 years as an attending physician, Dr. Cox has stopped making rounds and retired.

In honor of his longtime dedication to UT Southwestern and accomplishments, Dr. Cox, 93, has been named Professor Emeritus of Internal Medicine.

In 1988, Dr. Cox joined UT Southwestern as Dean of the Medical School. Through his career, Dr. Cox admits his affinity has been for medical education and studying genetics. Because the deanship role limited opportunities for these passions, he resigned after a year and a half.

“I found that being a dean, you have to be available,” Dr. Cox said. “I couldn’t do the things I really liked to do, which was teach medical students and residents and run my laboratory.”



Dr. Rody Cox

Dr. Cox has enjoyed the multiple roles of clinician, researcher, and educator only available at an academic medical center such as UT Southwestern. His accomplishments include participating in study sections for metabolic biology at the National Science Foundation and serving with the National Institutes of Health as a member of the Metabolism Study

Section, Chairman of the Genetics Study Section, and Chairman of the Mammalian Genetics Studies Section. He also served as a member of a panel on clinical sciences for the National Research Council.

Among his many honors, Dr. Cox has received outstanding teaching awards from both UT Southwestern and Case Western Reserve University Medical School. Of particular note was his receipt of a Distinguished Clinical Science Educator Award from UT Southwestern’s Nobel Laureate and former Dean, the late Dr. Alfred Gilman.

As a sophomore in high school, Dr. Cox took a course in parasitology at a nearby college. (Little did he know that decision would play an important role in his World War II military service.) Upon enlisting in the Army at age 17, Dr. Cox trained as a combat medic. His unit was destined to go to Iwo Jima as replacement medics for the invasion. Instead, the Army sent Dr. Cox to the Egyptian Department of Medical Affairs in Cairo. His experience in microscopy made him an ideal candi-

date as a laboratory technician for Dr. Claude Barlow, who investigated schistosomiasis, a disease caused by parasitic worms that affected troops in the South Pacific and Asia. Dr. Cox worked with Dr. Barlow for about a year. They investigated snails that could serve as intermediate hosts for the complex lifecycle of the schistosomes in the United States.

Upon discharge from the Army, Dr. Cox completed his medical training and residency at the University of Pennsylvania School of Medicine. His academic career began with a four-year fellowship at Penn. He worked with Dr. Colin MacLeod, one of the scientists who discovered that DNA carried genetic information. Dr. Cox’s work was primarily in cell culture systems, investigating cell regulatory mechanisms.

He then worked for Guido Pontecorvo in Scotland, studying mitotic recombination in the fungus *Aspergillus*, before being recruited to New York University School of Medicine and becoming Director of the Medical Scientist Training Program

and Director of the Division of Human Genetics.

Dr. Cox next joined Case Western Reserve University Medical School in 1978 as Vice Chairman of the Department of Internal Medicine and Chief of the Medical Service at the Cleveland VA Medical Center. There, he developed a strong program in gene activation and epigenetic mechanisms of gene control. He also began a 40-year collaboration with Dr. David Chuang, Professor of Biochemistry and Internal Medicine at UT Southwestern, on errors of mitochondrial amino acid metabolism. He then came to UT Southwestern in 1988, where he stayed until retirement.

“I think one of my talents has been my ability to relate basic science principles to clinical medicine,” Dr. Cox said. “I have thoroughly enjoyed my three decades of working at UT Southwestern.”

More online: To read the full story, go to *Center Times Plus* at utsouthwestern.edu/ctplus.

Takahashi receives Gruber Prize for circadian rhythms discoveries

By James Beltran

Dr. Joseph Takahashi, noted for discovering the first gene controlling biological clocks in mammals, was awarded the Gruber Neuroscience Prize at the recent Society of Neuroscience annual meeting in Chicago. His lab is using new techniques to research how the timing of calorie intake may impact lifespan, and he believes those studies may lead to the next big discovery in his field.

The Gruber Foundation’s award recognizes scientists for major discoveries that advance the understanding of the nervous system.

The Foundation credited Dr. Takahashi’s “innovative approaches” that enabled the discovery in the 1990s of the *Clock* gene, which controls circadian rhythms in mammals. Subsequent research has established *Clock* as a prominent regulator of many genes, intertwined with an extensive list of biochemical pathways. It’s even involved in metabolism, as Dr. Takahashi’s group found while

investigating why mice with *Clock* mutations become obese with age.

“It’s gratifying to have the field and our colleagues acknowledge the work that my laboratory has done,” Dr. Takahashi said. “And there’s still more our team will contribute to the understanding of circadian rhythms.”

Dr. Takahashi, Chairman of Neuroscience at UT Southwestern’s Peter O’Donnell Jr. Brain Institute and an Investigator with the Howard Hughes Medical Institute, is hopeful the continuing research into circadian rhythms may someday translate into medical breakthroughs. These innovations could come in the form of complex therapies for deadly diseases or perhaps a strategy as simple as knowing when to eat, not just how much.

Dr. Takahashi holds the Loyd B. Sands Distinguished Chair in Neuroscience.



Dr. Joseph Takahashi receives the Gruber Neuroscience Prize in honor of his breakthrough research on circadian rhythms that advances our understanding of the nervous system. Bestowing part of the prize to Dr. Takahashi is Dr. Susan Amara, Chair of the Selection Advisory Board to the Gruber Neuroscience Prize.

IN MEMORIAM

Dr. Barbara Cambridge: Women’s health care advocate and first African American faculty member

By Nyshicka Jordan

Dr. Barbara Cambridge, the first African American full-time faculty member at UT Southwestern, is remembered as a passionate advocate for the health of vulnerable women in Dallas. The respected social worker died Sept. 26 after a short battle with pancreatic cancer.

“Barbara was about making a positive difference in people’s lives. That’s really her legacy,” said Dr. Stephen Heartwell, once Director of the former Division of Community Women’s Healthcare in the Department of Obstetrics and Gynecology. (The Divi-

sion was disbanded in 2005.)

In 1969, Dr. Cambridge was appointed Social Services Director for that Division, originally called the Greater Dallas Family Planning Program. It’s a role she held for 12 years.

By the time she retired from UTSW in 2013, Dr. Cambridge held the rank of Associate Professor of Obstetrics and Gynecology and participated extensively in clinical and research activities. Additionally, she played a key role in bringing integration and diversity into the spotlight for UT Southwestern Medical School, according to Dr. Drew Alexander, Assistant Dean for Community Engagement.



Dr. Barbara Cambridge

“We came through at a time when opportunities were lacking for minorities and were fortunate enough to be part of the transition and at the forefront to allow the building of the experiences that young people have today,” said Dr. Alexander, who joined the faculty in 1977.

Colleagues and family members said Dr. Cambridge – an advocate for the health of women and girls – was involved in some 40 community organizations throughout her life. In the late 1960s and early 1970s, she advocated for women’s access to birth control, and in the 1980s, as the HIV/AIDS epidemic unfolded, she fought to raise awareness about how the crisis affected women.

When Dr. Cambridge came to UTSW, she was among a handful of family planning associates hired to recruit and perform outreach to female

patients at Parkland Memorial Hospital and its clinics. The Greater Dallas Family Planning Program focused on medically indigent patients in South and West Dallas. The program’s goals included reducing infant mortality and providing family planning education services, prenatal care, and access to free birth control – which Dr. Cambridge helped achieve.

Dr. Cambridge was not afraid to express her opinions and provide a different viewpoint, both as an African American woman and as a social worker, Dr. Heartwell added.

“She brought a different perspective that I and most of my white colleagues in health care administration and the physicians could not because she could talk about issues that most of our staff had never experienced or faced in our lives,” he said.

For fellow African American faculty

members, Dr. Cambridge was an invaluable mentor.

“Because of her legacy as the first African American faculty member, she was extremely important to me, and she was very unassuming about her accomplishments,” said Dr. Ramona Rhodes, Associate Professor of Internal Medicine. “She was a trailblazer and a pioneer. I can’t imagine that being the first African American faculty member here was easy, so the fact that she was able to do it successfully kind of speaks to her character.”

Having minorities in faculty and leadership roles is critical to the care of patients and the training of students and residents, she added.

“Diversity is important among faculty and leadership because those leaders make decisions that affect the diverse populations that we serve. Dr. Cambridge led the way in that,” she said.

Besides juggling roles as a faculty member, social worker, and community advocate, Dr. Cambridge raised a daughter and son as a single mother following the death of her husband, Henry Cambridge, in 1974.

“Because she was a single parent at an early age, she wanted to make sure that women got adequate care, had a roof over their heads, and the funds that they needed. She put herself in their shoes,” said her daughter, Latrelle Cambridge, who works at UTSW as an Education Coordinator in the Office of Medical Education.

More online: To read the full story, go to *Center Times Plus* at utsouthwestern.edu/ctplus.

CENTERTIMES

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President discusses future directions for UT Southwestern

By Amy Stumbris

At three employee town halls held on campus earlier this fall, Dr. Daniel K. Podolsky, President of UT Southwestern, discussed growth plans and significant achievements of the past year – emphasizing that they all reflected the hard work and dedication of faculty, staff, and students to UT Southwestern’s mission of promoting health and a healthy society.

The forum provided an opportunity for employees to ask questions, either in person or online. In addition to Dr. Podolsky, the institution’s four Executive Vice Presidents – Arnim Dantes, EVP for Business Affairs; Dr. W. P. Andrew Lee, EVP for Academic Affairs; Dr. Marc Nivet, EVP for Institutional Advancement; and Dr. John Warner, EVP for Health System Affairs – were available to respond to queries on a variety of topics.

The overarching theme of Dr. Podolsky’s “State of the Campus” address emphasized the great strides that the UTSW community is making in delivering on its mission in education, discovery, and healing.

“In any facet of UT Southwestern, the ultimate influencer is our people,” Dr. Podolsky said. “Not the great new facilities we have – but the people who come to this campus and bring their talents and commitment to our mission.”

One example of progress is graduation of the first class under a revised UT Southwestern Medical School curriculum, he said. The curriculum highlights not only the importance of science in medicine, but of team-based learning and leadership.

In clinical care, Dr. Podolsky spotlighted the significant increases in patient volume – noting that outpatient visits grew more than 20 percent in four years to over 3 million in fiscal year 2018 – and UT Southwestern’s third consecutive year of being ranked by *U.S. News & World Report* as the No. 1 hospital in Dallas-Fort Worth and No. 2 in Texas.

The President also talked about new capital projects planned or underway – the third tower of William P. Clements Jr. University Hospital,



President Dr. Daniel K. Podolsky updates employees on the University’s goals, achievements, and mission-aligned growth at one of the recent town halls.

the North Campus building that will have an Outpatient Cancer Care Tower of the Harold C. Simmons Comprehensive Cancer Center and a Research Tower of the Peter O’Donnell Jr. Brain Institute, a second Radiation Oncology building, and a vivarium. And beyond the main Dallas campus, the UT Southwestern Medical Center at Frisco is about to open adjacent to a new hospital being built in partnership with Texas Health Resources.

“I don’t think you can be on this campus very long without having a sense of continued momentum, which is easy to see in a concrete way when you look at the buildings – but I want us to never lose sight that the buildings are a means to an end,” Dr. Podolsky said. “We have hospitals so that we can take care of patients, we have laboratories so we can do research, and we have fantastic educational facilities so we can provide the best education for our students and residents.”

Dr. Podolsky also shared demographics of the University’s more than 18,000 faculty and staff members: 47 percent of management and

leadership roles are held by people of color, 66 percent of management and leadership roles are filled by women, and more than 800 employees are veterans

“I’m delighted that our workforce reflects living proof of the values we place on inclusiveness and diversity,” he said. “It’s not only an ethical imperative but a business imperative, because we are bringing different perspectives to the problems that we’re navigating our way through, providing the best solutions to our challenges.”

Dr. Podolsky described several other initiatives that are priorities for the 2019-20 academic year:

- Recruiting leadership and faculty for the newly created Department of Biomedical Engineering
- An enhanced focus on artificial intelligence and bioinformatics in solving medical problems
- The O’Donnell Brain Institute, which was established to focus on the brain, the last frontier in medicine, through basic discovery and the translation of discoveries into innovative

approaches to the diagnosis, treatment, cure, and potential prevention of brain diseases

• The Health System’s Clinical Strategic Planning Initiative, which is being undertaken to set the direction of the UT Southwestern Health System in the years ahead by increasing the impact of UT Southwestern clinical programs improving their distribution and enhancing the provision of integrated, multidisciplinary care

Questions from employees included many topics, but were primarily concerned with construction and expansion plans, action planning based on results of the employee engagement survey, and traffic and pedestrian safety.

Dr. Podolsky concluded by returning to UT Southwestern’s values – excellence, innovation, teamwork, and compassion.

“This is not just something that is on a website or a poster – I really hope that this is a touchstone for everyone who works at UT Southwestern and is felt by everyone who visits UT Southwestern,” he said. “We are committed to excellence in everything that we do; to innovate and not be satisfied with ‘good enough’; to work together as a team; and to never lose sight of the compassion that is at the root of what it means to be an academic medical center dedicated to the health and well-being of individuals and society, so that everyone can achieve their full potential.”

If you missed the town hall sessions, you can watch an archive of the full South Campus session on *Center Times Plus* at utsouthwestern.edu/ctplus.

Dr. Lee holds the Atticus James Gill, M.D. Chair in Medical Science.

Dr. Podolsky holds the Philip O’Byrne Montgomery, Jr., M.D. Distinguished Presidential Chair in Academic Administration, and the Doris and Bryan Wildenthal Distinguished Chair in Medical Science.

Dr. Warner holds the Jim and Norma Smith Distinguished Chair for Interventional Cardiology, and the Nancy and Jeremy Halbreich, Susan and Theodore Strauss Professorship in Cardiology.

VPs named, promoted to oversee Compliance, Audit

By Carol Marie Cropper

Two new vice presidents have been named to oversee compliance and internal audit services at UT Southwestern: Natalie Ramello as Vice President for Institutional Compliance and Chief Compliance Officer, and Valla Wilson as Vice President for Internal Audit and Chief Audit Executive.

Ms. Ramello, also HIPAA Privacy Officer, joined UT Southwestern in September after a nationwide search. She previously worked as the Chief Compliance and Risk Officer at CommunityCare, part of the Ascension health system. She has a law degree from Loyola University Chicago School of Law with a concentration in health law and a master’s in social work from Loyola with a concentration in organizational leadership.

Ms. Wilson joined UT Southwestern in 2013 as Assistant Vice President for Internal Audit and was later promoted to Associate Vice President, a position she held for three years before being named Vice President in June. She also served as interim Vice President for Institutional Compliance during the search to fill Ms. Ramello’s position. Ms. Wilson has bachelor’s degrees in business administration and business education from Peru State College in Peru, Nebraska.

Ms. Wilson worked at Duke University in Durham, North Carolina, before joining UT Southwestern. She served first as Director of Internal Audit for Duke Medicine, then as Chief Compliance, Privacy, and Audit Officer for the Private Diagnostic Clinic of Duke Medicine. In addition, she has many years of operational, audit, and compliance leadership experience and was a manager for Arthur Andersen LLP.

Both executives report to UT Southwestern President Dr. Daniel K. Podolsky. Ms. Wilson also reports to the Audit Committee Chair.

Ms. Ramello, who coordinates compliance and privacy functions, brings more than a decade of experience as a health care attorney, risk manager, and compliance officer to her new role.

“I feel extremely blessed to have the opportunity to lead the compliance and privacy functions at UT Southwestern. I see my job as helping to ensure that UTSW can move into the future as an innovator in all areas of medicine,” she said.

In her new role, Ms. Wilson leads UT Southwestern’s Office of Internal Audit to assess compliance, financial, operational, and information technology risks; perform internal audits and consulting services; and conduct investigations. A major near-term focus is partnering with Information Security in the cybersecurity risk area to protect the institution from breaches and to ensure the safety of patient and employee data, as well as assisting the organization with enterprise risk management efforts.

“I was happy to learn about the promotion and look forward to leading the effort to increase the value of the services that Internal Audit provides to UT Southwestern in becoming best in class,” she said.



Natalie Ramello



Valla Wilson

Austin tennis coach wins gold medal after lung transplant

By Lori Sundeen Soderbergh

Texas high school teacher and tennis coach Genie Kilpatrick had been competitive and athletic all her life. Suddenly – at age 48 – life served up something unexpected. Out of breath and exhausted, she was shocked when her doctor wouldn’t let her leave his office without an oxygen tank.

“It was a dormant disease. I had no idea there was anything wrong with my lungs until I was out of breath on the treadmill and my heart rate was way above normal,” Mrs. Kilpatrick said.

Diagnosed with pulmonary hypertension, she managed her disease with medications and breathing treatments. Tennis, running, jogging, and biking were now out, so she set a goal of walking 5 miles a day.

“All the things that I loved were gone. I tried to look at the positive side. I was thankful I could still walk for exercise and I could still teach,” she remembered.

When Mrs. Kilpatrick’s condition worsened four years later, she learned her pulmonary hypertension was caused by a rare lung disease called pulmonary capillary hemangiomatosis, or PCH, which affects the blood vessels of the lungs and makes breathing difficult.

“This lung disease is a condition that puts a lot of strain on the right side of the heart, and then the heart starts failing,” said Dr. Fernando Torres, Professor of Internal Medicine, Medical Director of Lung Transplantation, and Director of the Pulmonary Hypertension Program at UT Southwestern.

It was time to consider transplantation. The Mayo Clinic, where she had been seeking treatment, knew Dr. Torres and his experienced team at UT Southwestern and recommended her double lung transplant take place there. As one of the top transplantation centers in the U.S., UT Southwestern has performed more than 750 lung transplants. However, this was only the second time the UTSW team transplanted a patient who was suffering from PCH, since it is exceedingly rare.

Mrs. Kilpatrick had total confidence in her



Genie Kilpatrick

medical team at UT Southwestern. While on the waitlist for her new lungs, she read about the World Transplant Games and aspired to compete in them. In 2017, she received a new pair of lungs.

“I’m so grateful I got this second chance. I’m only alive because of the selflessness of the organ donor,” she said. She now works to spread awareness of the lifesaving importance of organ donation.

In August 2019, Mrs. Kilpatrick finally got her shot at gold. Competing as part of Team USA in the World Transplant Games in Newcastle, England, was a thrill and a victory, in more ways than one. She won a gold medal in women’s tennis – and she won back what she loved doing most. She plans to continue competing at the World Transplant Games, already on her calendar for 2021 in Houston.

More online: Watch a video and read the full story in the newsroom at utsouthwestern.edu/newsroom/articles/year-2019/lung-transplant.html.

LEADERS IN CLINICAL EXCELLENCE AWARDS

Patricia and William L. Watson Jr., M.D. Award for Excellence in Clinical Medicine



The Patricia and William L. Watson Jr., M.D. Award for Excellence in Clinical Medicine is the institution's highest honor for clinical excellence. The Watson Award was established in 2009 through a generous gift from Dr. and Mrs. Watson to create an annual opportunity to recognize a UT Southwestern faculty physician who exemplifies excellence in patient care and is a leader in advancing clinical innovations.

Robert Timmerman, M.D.
Professor of Radiation Oncology and Neurological Surgery
Harold C. Simmons Comprehensive Cancer Center

Dr. Timmerman balances the complex technical aspects of delivering radiation therapy with the nuances of cancer biology – all without losing sight of the humanity of his patients.

As patients navigate their cancer diagnosis and treatment, it's vital for them to have a trusted advocate. And for those in his care, Dr. Timmerman becomes just that.

His patients have described him as a physician with an excellent bedside manner, who treats them with dignity and respect.

"After my radiation (treatment)," one patient wrote, "Dr. T. provided me a clear explanation of the results. I felt much better. He encouraged and inspired me to live a healthier and longer life."

"Bob somehow becomes expert, guide, and friend to the patients he treats," said Dr. John Mansour, Associate Professor in UT Southwestern's Department of Surgery and Chief of Surgical Oncology, and recipient of the 2017 Watson Award.

Dr. Timmerman joined the UT Southwestern faculty in 2004 and was one of the first researchers in the world to use stereotactic ablative radiotherapy (SABR) to treat a variety of deadly cancers arising from the lungs, kidneys, prostate, and breasts. This revolutionary technique relies on highly advanced imaging, treatment planning, and radiation delivery technology to administer a very potent dose with extreme precision from multiple angles; it has been shown to offer better cure rates for many cancers, particularly in cancers that have metastasized.

Dr. Timmerman has championed the use of SABR globally, and his efforts have led to physicians and their teams in the United States and worldwide coming to UTSW for formal training. Dr. Timmerman holds the Effie Marie Cain Distinguished Chair in Cancer Therapy Research.



Rising Star Award

Jaclyn Lewis Albin, M.D.
Assistant Professor of Pediatrics and Internal Medicine

Dr. Albin joined UT Southwestern's Departments of Pediatrics and Internal Medicine in the fall of 2014 and has made a dramatic impact in a relatively short period of time. Since her arrival, Dr. Albin has focused on delivering compassionate primary care to patients of all ages, including the most vulnerable populations at the Rees-Jones Center for Foster Care Excellence at Children's Health.

In addition to developing a reputation as an outstanding clinician and primary care provider, Dr. Albin has co-developed UTSW's Internal Medicine/Pediatrics Residency Program and become its Associate Program Director. In that capacity, she teaches patients, students, and residents about nutrition, lifestyle choices, and other environmental influences that contribute to chronic disease. She also founded a robust Culinary Medicine Program, which has received national recognition in the culinary medicine community and could position UT Southwestern as a leader in equipping physicians with the tools they need to address chronic lifestyle disease and intervention.



Aditya Bagrodia, M.D.
Assistant Professor of Urology
Harold C. Simmons Comprehensive Cancer Center

From the time he began as an Assistant Professor in the Department of Urology at UT Southwestern in 2016, Dr. Bagrodia has focused his clinical expertise and research efforts on advancing the care of urologic oncology patients, specifically those with testicular cancer. He has quickly become a nationally recognized expert on the topic and a sought-after surgeon for testicular cancer patients at UT Southwestern.

Dr. Bagrodia, who completed his advanced training at Memorial Sloan Kettering Cancer Center in New York, was named a Dedman Family Scholar in Clinical Care at UT Southwestern for his dual efforts in improving patient care and collaborating with basic scientists on testicular cancer research. Together, their combined efforts have earned two major grants from the Cancer Prevention and Research Institute of Texas (CPRIT).

A tireless advocate for excellence in clinical care and academic rigor, Dr. Bagrodia is a role model for residents, fellows, and other faculty in his ability to integrate research insights into clinical practice.



David Fetzer, M.D.
Assistant Professor of Radiology

Since arriving at UT Southwestern in 2014, Dr. Fetzer has helped transform the perception of ultrasound imaging and intervention – improvement that began on a local scale, but now is also beginning to grow nationally. His vision of developing new service lines, including contrast-enhanced ultrasound (CEUS), is becoming a reality, thanks to his tireless efforts to share revolutionary ultrasound techniques with colleagues and patients.

An Assistant Professor in the Department of Radiology, Dr. Fetzer is also Medical Director of Ultrasound at UT Southwestern and Parkland Memorial Hospital, and a Fellow of the Society of Radiologists in Ultrasound. He earned his medical degree at the University of Texas Health Science Center at Houston. Dr. Fetzer has championed CEUS on campus and has actively taught peers, technologists, and trainees about this technique. CEUS has only recently become available in the United States, and Dr. Fetzer's initiative aligns perfectly with UT Southwestern's mission to deliver "the future of medicine, today" to its patients.



Dale Okorodudu, M.D.
Assistant Professor of Internal Medicine

Dr. Okorodudu, an Assistant Professor in the Department of Internal Medicine, has created a national discussion around the need for increased diversity in the medical profession. His program "Black Men In White Coats," which he started as a resident at Duke University Medical Center, has since given rise to youth summits, articles in *The Dallas Morning News*, and three books, as well as appearances on NBC's "Today" show and on NPR.

After completing his fellowship training at UT Southwestern, Dr. Okorodudu took a position with the Dallas Veterans Affairs Medical Center, where he led the development of its endobronchial ultrasound (EBUS)-guided procedures program as a first-year faculty member.

His grassroots awareness efforts have inspired countless students from all backgrounds to pursue careers in medicine. His work has made him a national leader on the issue of achieving a diverse medical workforce, and the effects of his commitment will be felt for years to come.



Institutional Service Award

Barry Schwarz, M.D.
Professor of Obstetrics and Gynecology
Chief, General Obstetrics and Gynecology Division
Vice Chair, Department of Obstetrics and Gynecology

During his 47 years on the faculty of the UT Southwestern Department of Obstetrics and Gynecology, Dr. Schwarz has built a legacy of service by generously volunteering for, and assuming leadership roles on, a host of key campus committees.

A 1968 graduate of UT Southwestern Medical School, he has served as a valuable member of UTSW's Promotions and Tenure Committee for 21 years. At Parkland Memorial Hospital, Dr. Schwarz is the Service Chief of the Family Planning Program, where he is responsible for the largest family planning program in North Texas, spanning 10 clinics and averaging more than 70,000 patient visits per year. His knowledge and nimble strategies help ensure that services remain available to many of the most vulnerable women in our community.

Dr. Schwarz holds the Arthur Grollman Professorship in Obstetrics and Gynecology.



DuWayne Willett, M.D.
Professor of Internal Medicine
Chief Medical Informatics Officer for the UT Southwestern Health System

Dr. Willett, a Professor in the Department of Internal Medicine's Division of Cardiology, serves as Chief Medical Informatics Officer for the UT Southwestern Health System, leveraging electronic records to more rapidly develop specialty patient registries and clinical decision support for physicians and patients.

He has led and served on an impressive list of committees over his career, including the Health System Information Resources Committee (co-Chair), Health System Electronic Health Record Committee (Chair), Hospital Medical Executive Committee, and Ambulatory Services Committee. He also helped develop information systems and databases for the groundbreaking Dallas Heart Study.

Dr. Willett completed his cardiology fellowship at UT Southwestern and earned advanced degrees in information systems (Drexel University) and health care management (UT Dallas). His efforts to innovate and organize UT Southwestern's data warehouse will benefit the organization and UTSW's patients for decades to come.



Mentoring Award

Ponciano Cruz Jr., M.D.
Professor of Dermatology
Harold C. Simmons Comprehensive Cancer Center

As Residency Director in the Department of Dermatology at UT Southwestern since 1991, Dr. Cruz has mentored dozens of young physicians and also worked diligently to create a groundbreaking dermatology curriculum – one that has become a model for institutions nationwide. Today, as a recognized international expert in medical education and a Distinguished Teaching Professor at UT Southwestern, Dr. Cruz still conducts side-by-side mentoring and on-the-job training and continues to act as a career adviser to generations of clinicians, physician-scientists, and academic leaders.

Dr. Cruz founded the Dermatology Teachers' Exchange Group (DTEG) and served as the leader of the national organization for 20 years. He has also made comparable contributions to educational initiatives by the Society for Investigative Dermatology (SID), the Association of Professors of Dermatology, and the American Contact Dermatitis Society, for which he has served as Editor-in-Chief of its home journal, *Dermatitis*, for over 20 years.

His achievements in clinical and investigative dermatology are just as impressive. He and Dr. Kiyoshi Ariizumi, Professor of Dermatology, discovered a novel immune checkpoint that can be targeted for treating melanoma and other solid cancers.

Dr. Cruz is Vice Chair of the Department of Dermatology, holder of the Paul R. Bergstresser, M.D. Chair in Dermatology, Director of the Contact Allergy Clinic at UT Southwestern, and Chief of Dermatology at the Dallas Veterans Affairs Medical Center.



MORE ONLINE

To see the full profiles, including descriptions of the awards, comments from the winners, and videos, go to *Center Times Plus* at utsouthwestern.edu/ctplus.

LEADERS IN CLINICAL EXCELLENCE AWARDS

Patient and Family Recognition Award

Daniel Costa, M.D.
Associate Professor of Radiology
Harold C. Simmons Comprehensive
Cancer Center



A nationally recognized researcher in the field of prostate cancer, Dr. Costa also has a gift for making patients and their families feel valued, comfortable, and heard. Colleagues say he treats every patient as if he or she were a family member, and the many thank-you notes he receives are a testament to his devotion and kind demeanor.

At the University of São Paulo in Brazil, Dr. Costa earned his medical degree and also completed his residency in radiology and a fellowship in abdominal imaging. He received additional advanced training in body MRI through a fellowship at Beth Israel Deaconess Medical Center in Boston before joining UT Southwestern in 2011.

Dr. Costa has an extraordinary rapport with colleagues and referring physicians, and he has been instrumental in developing the prostate cancer program at UTSW into one of the top programs in the country.

Hugh McClung, M.D.
Associate Professor of Internal
Medicine



Listening to the patient is essential to clinical excellence, and few are as skilled at it as Dr. McClung. When a patient receives a diagnosis or has a serious problem, he'll follow up with a phone call to check on how he or she is coping.

He provides a deeply humanistic approach to internal medicine, understanding that patients need emotional support as well as an accurate diagnosis and effective treatment.

His distinguished career has always blended a commitment to clinical expertise with the latest research and intense attention to detail – all to solve the health care puzzles of his patients.

Dr. McClung completed his internal medicine internship and residency at UT Southwestern in 1981, following medical school at the University of Texas Medical Branch at Galveston. His practice is focused on adult preventive medicine, and in 2018, he became the inaugural holder of the Margaret Jonsson Rogers Chair in Clinical Excellence, which was established in his honor.

Pamela Okada, M.D.
Professor of Pediatrics
Medical Director, Emergency Department at
Children's Medical Center Plano



Even in the most frantic emergency room situations, Dr. Okada takes time to establish a connection with patients and their families.

Her colleagues say Dr. Okada has a gift for making everybody feel comfortable – from trainees and co-workers to – most importantly – patients and families. She is upbeat and insightful, and families appreciate her expertise and focused attention.

After completing her residency and fellowship at UCLA, she arrived at UT Southwestern in 1994 for a pediatric emergency medicine fellowship, determined to deliver empathy and expert care. Now, as a Professor of Pediatrics at UTSW and the Medical Director of the Emergency Department at Children's Medical Center Plano, Dr. Okada embodies the mantra that “we can make a difference in people's lives.” Dr. Okada is also the Associate Program Director of the Pediatric Residency Program, and she extends to her trainees the same kindness and empathy she brings to her interactions with patients and their families.

Ashley Hickman Zink, M.D.
Associate Professor of Obstetrics and
Gynecology



As a maternal-fetal medicine specialist, Dr. Zink sees firsthand the anxiety of patients and their families when a pregnancy becomes high risk. But she is always there to attend to their emotional needs and forge close bonds.

Her patient clinic in Plano has been named Clinic of the Month more than 10 times, and if a referring provider calls to request that a patient be seen for a newly discovered diagnosis or fetal anomaly, Dr. Zink will always see the patient that same day. She is committed to getting answers for apprehensive patients as quickly as possible.

After earning her medical degree and completing her obstetrics and gynecology residency at UTSW, she completed a three-year maternal-fetal medicine fellowship at the University of North Carolina at Chapel Hill in 2010.

As a perinatologist, Dr. Zink works closely with patients' primary obstetricians and subspecialists at Children's Medical Center. Together, they develop strategies to help high-risk expectant mothers have a healthy pregnancy.

When those stressful moments arise, which they inevitably do, Dr. Zink provides a calm, confident, and compassionate voice amid all the emotional turmoil.

Program Development Award

**UT Southwestern Kidney Cancer
Program**

James Brugarolas, M.D., Ph.D.
Professor of Internal Medicine
Director of the Kidney Cancer Program
Harold C. Simmons Comprehensive Cancer
Center



Launched in 2013 by Dr. Brugarolas with a campuswide email soliciting faculty participation, the Kidney Cancer Program (KCP) has garnered a national reputation for excellence. The Program's culture of collaboration draws on the strengths of UT Southwestern's cutting-edge research, combining it with 21st century problem-solving skills to fuel breakthroughs.

And the results are telling. Stage for stage, the KCP survival rates exceed national benchmarks, most notably for stage 4 patients, where five-year survival rates are more than double. The KCP has become the resource for sophisticated diagnostics and complex interventions, drawing patients from across the state, the country, and the globe.

In the span of just six years, the KCP has developed into a program of enterprising agility – the kind of program that is pioneering genetic discoveries in adult and pediatric kidney cancer, providing unparalleled understanding of tumor metabolism and the microenvironment, and developing first-in-class drugs.

The program was honored by the National Cancer Institute in 2016 with a prestigious Specialized Program of Research Excellence (SPORE) award. Dr. Brugarolas holds the Sherry Wigley Crow Cancer Research Endowed Chair in Honor of Robert Lewis Kirby, M.D.

**UT Southwestern Outpatient
Psychiatry Multi-Specialty
Program**

Hicham Ibrahim, M.D.
Professor of Psychiatry
Peter O'Donnell Jr. Brain Institute



In the last three years, the Outpatient Psychiatry Multi-Specialty Program at UT Southwestern has undergone an incredible expansion and complete transformation to respond more fully to the demand for psychiatric services within the Medical Center and among the community at large. The results have been nothing short of staggering.

Prior to 2016, the psychiatry outpatient program treated fewer than 800 patients per year and offered mostly general psychiatric care.

Now, specialty treatments for all major psychiatric disorders are located together, creating a “one-stop shop” to better meet the needs of all patients. In fiscal year 2019 alone, the Program treated more than 9,000 patients, including over 5,000 new patients, and completed more than 43,000 outpatient visits at its Dallas and Richardson sites.

During this time, the Program, under the direction of Dr. Ibrahim, Department Vice Chair for Clinical Affairs, and Medical Director Dr. Larry Thornton, has developed a regional reputation for treating the most complicated psychiatric conditions and cases. The Program now offers telehealth, allowing patients to receive treatment in their homes. And its Psychiatry Medicine Integration team has embedded behavioral specialists in nonpsychiatric clinical settings to improve interdepartmental collaboration and patient outcomes.

President's Award for Diversity and Humanism in Clinical Care

Heidi Roman, M.D.
Assistant Professor of Pediatrics
Medical Director, Rees-Jones Center for
Foster Care Excellence at Children's Medical
Center



Dr. Roman has dedicated her career to the care of vulnerable child populations, and her sense of purpose is infectious – reminding those around her why they chose a life in health care.

She knows that children in foster care face myriad challenges, and as Medical Director of the Rees-Jones Center for Foster Care Excellence at Children's Medical Center, she works with an interdisciplinary team to reach patients

and their families.

Colleagues say that Dr. Roman creates a safe space to discuss often tough cases of children exposed to traumatic experiences, and her ability to do this results in an environment where all team members are able to speak on equal terms and feel valued for their opinions.

Dr. Roman joined the UT Southwestern faculty in 2014, in conjunction with the establishment of the Rees-Jones Center for Foster Care Excellence, an integrated medical home for children involved in the child welfare system. A clinician-educator, Dr. Roman also is co-Director of UT Southwestern's Ambulatory Care Clerkship.

“Through her efforts, the entire medical student body is imbued with the same values of compassion and social responsibility that Heidi exhibits in her practice,” said Dr. Dorothy Sendelbach, Professor of Pediatrics and Assistant Dean for Undergraduate Medical Education at UT Southwestern.

Awards Continued from page 1

vignette that featured recipients reflecting on their motivations as clinical faculty members at UTSW. They each then gave brief remarks, which were always heartfelt and uplifting, and occasionally comedic.

For instance, in accepting her Patient and Family Recognition Award, Dr. Pamela Okada, Professor of Pediatrics, said: “They told me I had 60 seconds (for thank-you remarks), so ... I made some notes,” she said, dramatically unfurling a roughly 4-foot-long parchment scroll.

When it was time for Dr. Ponciano Cruz, Professor of Dermatology and a Distinguished Teaching Professor, to collect his Mentoring Award, he mused: “Maybe there should be a name for this award. When I told my friends and family that I would be receiving an award from President Podolsky, they have started to call it ‘The Podolsky.’ I'm so happy to receive The Podolsky Award.”

If there was a theme of the day, it was gratitude for the team, as opposed to individual accolades. Leaders of both Program Awards (Dr. James Brugarolas, Professor of Internal Medicine and Director of the Kidney Cancer Program, and Dr. Hicham Ibrahim, Professor of Psychiatry and head of the Outpatient Psychiatry Multi-Specialty Program) asked everyone in the audience who was involved with their programs to stand and be recognized as applause followed.

Dr. Robert Timmerman, Professor of Radiation Oncology and Neurological Surgery, followed suit in collecting the Watson Award – the final honor of the night. “I'm getting this award for what's really a group effort,” he said.

“Our group's process is simple: We collectively identify problems and shortcomings in the clinic operations, in the patient experience, and in the cancer approach in general,” Dr. Timmerman said. “We critically look at ourselves to see if we can do things better, or if we can do more. We make plans and investments, and we finally see if the change made a positive impact. Our motives are good, and we work hard. But it's actually really fun to work hard at something you truly enjoy.”

After the ceremony, attendees were treated to appetizers such as chicken apple sausage bites, sweet potato skewers and elotes, as well as live music by the M-Cats, a UT Southwestern community jazz band.

Attendee Dr. Carolee Estelle came in part to support Dr. Dale Okorodudu, Assistant Professor of Internal Medicine and one of four winners of the Rising Star Award.

“Honestly, the whole night has been so inspirational,” said Dr. Estelle, Assistant Professor of Internal Medicine. “Each one of these people is inspirational in their own right, and it's just exciting to be here and to be part of the team that supported these folks, and hopefully we can be among them in the future.”

Dr. Hilda Loria, Assistant Professor of Pediatrics, came to support Dr. Heidi Roman, also Assistant Professor of Pediatrics, who received the President's Award for Diversity and Humanism in Clinical Care.

One thing that struck Dr. Loria throughout the ceremony was that each recipient was purposeful about not accepting an award strictly for themselves. “They all talked about it being an award for their team, and the number of people who have supported them – their families, their teams, their staff members, their mentors,” she said.

“I think that is such a beautiful example of how we do this together as a team, and move change forward.”

Dr. Brugarolas holds the Sherry Wigley Crow Cancer Research Endowed Chair in Honor of Robert Lewis Kirby, M.D.

Dr. Cruz holds the Paul R. Bergstresser, M.D. Chair in Dermatology.

Dr. Lee holds the Atticus James Gill, M.D. Chair in Medical Science.

Dr. Podolsky holds the Philip O'Bryan Montgomery, Jr., M.D. Distinguished Presidential Chair in Academic Administration, and the Doris and Bryan Wildenthal Distinguished Chair in Medical Science.

Dr. Timmerman holds the Effie Marie Cain Distinguished Chair in Cancer Therapy Research.

Dr. Warner holds the Jim and Norma Smith Distinguished Chair for Interventional Cardiology, and the Nancy and Jeremy Halbreich, Susan and Theodore Strauss Professorship in Cardiology.

Hispanic and Latino Heritage Month event celebrates cultural diversity

By Ashley Green-Jones

Growing up, Dr. Eduardo Sanchez always felt tremendous pride and a strong connection to his ancestry.

Dr. Sanchez, Chief Medical Officer for Prevention at the American Heart Association, shared with the campus community the joys – and challenges – of identifying as “Latinx,” or Hispanic American. As keynote speaker, his inspirational message set the celebratory tone for UT Southwestern’s Hispanic and Latino Heritage Month Celebration, held Oct. 14 on South Campus.

“It is my hope, with a high degree of humility, that my reflections provide some insight and historical and cultural context to add to your appreciation of the objectives of National Hispanic Heritage Month and what it means to be Latinx,” said Dr. Sanchez, whose parents immigrated to the U.S. from the Dominican Republic.

UTSW President Dr. Daniel K. Podolsky welcomed members of the campus community to the now-annual event, which was hosted by the Office of Institutional Equity & Access and the Hispanic-Latino Business Resource Group (BRG). The campus celebration fell during National Hispanic Heritage Month, a recognition honoring the histories, cultures, and contributions of Americans whose ancestors came from Spain, Mexico, the Caribbean, and Central and South America.

As of 2013, the U.S. Hispanic population reached an estimated 54 million people, or 17 percent of the nation’s total population, making it the second-largest Hispanic population in the world after Mexico. Here at UT Southwestern, more than 2,700 employees self-identify as



Organizers and guests at the event included (from left) Rudy Rodriguez, Chair of the Hispanic-Latino Business Resource Group; Ruben Esquivel, Vice President for Community and Corporate Relations; Francisco de la Torre, Consul General of the Mexican Consulate in Dallas; and Dr. Katherine Sanchez and her husband, event speaker Dr. Eduardo Sanchez, Chief Medical Officer for Prevention at the AHA.

Hispanic, accounting for nearly 15 percent of staff. Our ratio of Hispanic UT Southwestern Medical School students is similar, at 14.6 percent.

Dr. Sanchez, a 1988 alumnus of UT Southwestern Medical School, is a first generation American who was born in Vermont and then raised in Texas.

The challenges of overcoming inherent biases

never kept Dr. Sanchez from achieving his goals. Remaining intensely proud of his “Latinx” roots inspired him as a change agent, he said.

“As a fifth grader, our class was asked to raise our hands when the racial or ethnic group we were a part of was called out,” Dr. Sanchez recalled. “I did not raise my hand for Anglo or white, I did not raise my hand for black, and I did

not raise my hand for Mexican American.”

His teacher sent him to the principal’s office for being defiant. She assumed he was Mexican, judging from his last name.

“If I were of Mexican background, I would proudly raise my hand,” Dr. Sanchez told the principal at the time. “But my family is from the Dominican Republic, not Mexico, and I will not raise my hand.”

Implicit bias can work both ways, added Dr. Sanchez. In his third year of residency, he often performed Spanish-English translation for physicians and their patients. With one patient, Dr. Sanchez immediately dove into interpreting.

“When I was finished going back and forth from English to Spanish, the patient said to the doctor in English, ‘So pleased to meet you. I look forward to having you as my doctor,’” Dr. Sanchez recalled. “I looked at her and said, ‘I didn’t know you spoke English.’ ‘You never asked,’ she said, with a smile on her face and a twinkle in her eye.” And Dr. Sanchez learned something about his own biases that day.

After closing remarks by Rudy Rodriguez, Chair of the Hispanic-Latino BRG, the audience was treated to a musical performance from UTSW employee Judith Ramos, accompanied by a mariachi band. The event ended with a reception featuring more mariachi music and a variety of Hispanic-Latino foods.

Dr. Podolsky holds the Philip O’Byran Montgomery, Jr., M.D. Distinguished Presidential Chair in Academic Administration, and the Doris and Bryan Wildenthal Distinguished Chair in Medical Science.



A Wellness Fair featured tables with information about healthy eating, health care, sleep – even one common enemy to sleep, caffeine – at UT Southwestern’s Future of Medicine Wellness Symposium.

Wellness Continued from page 1

Seven hours is recommended as a healthy night’s sleep, according to the Centers for Disease Control and Prevention, she said. But about 35 percent of Americans are chronically sleep deprived, defined as getting less than seven hours of sleep more than half the time, she said. That percentage is even higher for physicians, Dr. David said.

Cognitive impairment, depression, and a weakened immune system can result, she said, along with a greater likelihood of physician burnout and increased risk of making patient-related mistakes.

Variable sleep schedules, lack of a daytime/nighttime routine, and not adequately addressing stress or anxiety can lead to insomnia, Dr. David explained. “You’ve actually trained your brain to turn off those normal sleep feelings that other people get. When you feel sleepy, try to go to sleep because you’re strengthening those associations,” she told workshop attendees.

“For those faced with unusual work shifts, try taking a 90-minute nap just before going in, then going back to sleep right after getting home,” Dr. David said.

Almonds, fatty fish, and a plant-based diet promote sleep, she said, while seven-hour extended release melatonin is a good sleep aid. If all else fails? Try staying awake, she said. Create a little bit of sleep debt, “then that next night you sleep harder and longer.”

When faced with professional stressors, UT Southwestern faculty can turn to Executive Coaches in the Office of Organizational Development and Training, said Lisa Alexander-Kinnison, an Executive Coach who led another Wellness Workshop.

UTSW has bolstered efforts to increase career satisfaction and resilience by nurturing professional connections – establishing so-called Schwartz Rounds, where time is set aside for staff to come together and discuss issues they face.

In another workshop, Dr. Christina Ahn, Director of

Faculty Diversity and Development, discussed the importance of making career and life choices designed to lead to personal fulfillment. Susan Rodder, an Associate Professor of Clinical Nutrition in the School of Health Professions, walked her audience through strategies that busy professionals can use to put a healthy dinner on the table.

Handouts at the Wellness Fair described UT Southwestern’s counseling and support programs for faculty, students, and medical residents – including virtual medical visits for health issues, a Student Wellness and Counseling Center, the Resident Wellness and Counseling Center, and the Committee on Practitioner Peer Review and Assistance, which works to protect both physicians and their patients when a problem arises. In addition, the Employee Assistance Program offers free counseling for employees, while 14 chaplains at William P. Clements Jr. University Hospital are available for staff and patients, said Ruth Schulenberg, Supervisor of Clinical Pastoral Education.

Other Wellness Fair tables offered tips on eating more healthfully, improving sleep (with free boxes of the sleep aid melatonin) as well as details on staying physically fit by using the Bryan Williams, M.D. Student Center and its gym.

Medical institutions around the country have been grappling with the problems of physician burnout and the higher levels of depression and suicide seen in the health care field, said Dr. Christine Moutier, Chief Medical Officer for the American Foundation for Suicide Prevention and the keynote speaker at the event.

A report in October from the National Academies of Sciences, Engineering, and Medicine estimated that between 35 and 54 percent of U.S. nurses and doctors have substantial symptoms of burnout. It called for action to improve work and learning environments, reduce administrative burden, and provide support.

Making time for sleep, exercise, and leisure activities as well as for cultivating relationships with family and friends can be helpful strategies to increase emotional resilience, according to Dr. Moutier.

Legacy Continued from page 1

dency in Houston and returned to his hometown of Gainesville, Texas. “He wanted to go back home and raise his family in a small town,” Dr. Karen Andre said. Dr. Kaden later moved his family to Greenville where he then focused on his surgical career.

Dr. Karen Andre holds fond memories of her father’s life as a small-town physician. They include him coming home with bags of vegetables from patients who were unable to pay cash for their medical visits, training as a medical student herself in his operating room, and the fanfare her father received for reattaching the arm of a man injured in a farming accident – a surgery that was rare at the time.

Like father, like daughter; like mother, like son

Dr. Karen Andre’s father – and her Christian faith – both played roles in her decision to become a doctor because of her interest in missionary work.

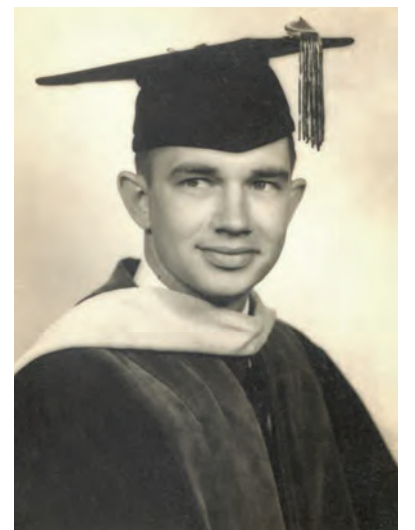
“I believed my father had a lot of wisdom, and I knew I could trust his counsel,” Dr. Karen Andre said. He advised her to think about medical school “because as a doctor you can then take care of your own family and serve in any country in the world.”

Taking her father’s advice, Dr. Karen Andre opted for medical school and chose UT Southwestern. She later joined the UTSW Department of Ophthalmology, serving from 1987 to 1991.

Today, she operates a private practice in Greenville. The field of ophthalmology attracted her, Dr. Karen Andre said, because evidence of many diseases are revealed in the eyes. It’s also a surgical specialty that she felt would allow her to have the family life she desired – she has six children.

In addition to her three sons’ medical career pursuits, her 20-year-old daughter is an aspiring nurse. Her two youngest girls are teens and still in high school.

Dr. Karen Andre said she has been careful not to sway her children’s career choices. Her biggest concern is that they be of service to others. The influence she had on her son Kaden, however, was strong enough that he plans to practice ophthalmology just like her. He is currently a preliminary intern in an ophthalmology residency.



Dr. Van Kaden

Carrying on the legacy

The Andre brothers, who live in a townhouse together, have always remained in close proximity. They were home-schooled as children and all attended Texas A&M University-Commerce as undergraduates.

“It’s nice when we’re home at the same time and able to connect, and if I am struggling with something in school, they can reassure me that they went through the same thing. It’s a really close friendship and mentorship,” Graham said.

Lincoln said it’s important for him to be a support system for his little brother because he himself struggled as a new medical student as the difficulty of the classwork felt overwhelming. He turned to his mom, older brother, church, and counseling for support. Lincoln advises new medical students to seek assistance if needed.

For Graham, challenges are nothing new. As a child, he overcame a much tougher medical battle with osteomyelitis, a bone infection in his hip and spine that regularly kept him in the hospital from the ages of 9 to 16.

“Being on the patient side of it, I understand the toll that a long illness takes not only on the patient but also their family,” he said. “Knowing that, I think I will be a more empathetic and compassionate physician.”

Graham said he might pursue pediatric orthopedic surgery. Meanwhile, Lincoln, who is currently interviewing for residency programs, plans to specialize in orthopedic surgery.

UTSW recognized for commitment to diversity in health care education

By Amy Stumbris

UT Southwestern has received the 2019 Health Professions Higher Education Excellence in Diversity (HEED) Award from *INSIGHT Into Diversity* magazine, the oldest and largest diversity-focused publication in higher education. This is the second consecutive year the University has received the national honor.

The annual award recognizes U.S. medical, dental, pharmacy, osteopathic, nursing, veterinary, allied health, and other health schools and centers that demonstrate an outstanding commitment to diversity and inclusion.

"It is only through a diversity of experiences and an inclusion of differing perspectives that we can truly flourish as an institution," said Dr. Marc Nivet, Executive Vice President for Institutional Advancement. "In receiving the award, we validate the emphasis that our leadership continues to place on making UT Southwestern somewhere that all members of the campus community are treated with dignity and respect. It's critical to our abilities to successfully educate the next generation, achieve scientific success, and deliver quality patient care."

One of the institution's top initiatives is the President's Council on Diversity and Inclusion, chaired by UT Southwestern President Dr. Daniel K. Podolsky. The Council, comprised of senior leadership and executives, supports diversity and inclusion strategies across the institution to help foster an institutional culture that values staff,



UT Southwestern medical, graduate, and health professions students

faculty, and students for the differences they bring to UT Southwestern.

UT Southwestern's commitment to improving diversity in medicine spans all facets of the organization – from student recruitment and retention programs and addressing multicultural and women's health issues in the medical curriculum to leading community health outreach programs. This effort also involves offering employee business resource groups for Asian/Pacific Islander, African American, Hispanic/Latino, veteran, and LGBTQ

faculty and staff.

Groups such as UT Southwestern's Offices of Student Diversity & Inclusion and Faculty Diversity & Development are responsible for recruiting and retaining the very best students and faculty to campus, while also implementing strategies to promote the growth and presence of women and underrepresented minorities. Moreover, the Office of Institutional Equity & Access advances a diverse, equitable, and supportive campus culture for staff and visitors.

Supporting these efforts is UTSW's long-standing commitment to investing in the next generation of physicians and scientists through internship programs that provide students hands-on experience. Since 1993, UT Southwestern has been a collaborating partner in the Dr. Emmett J. Conrad Leadership Program, an internship program sponsored by Texas state Sen. Royce West and named in honor of the renowned Dallas African American physician and educational advocate. The program helps UT Southwestern hire historically underrepresented minority college students from North Texas to explore careers in the sciences and health professions. In 2019, the number of UT Southwestern interns in the program doubled over the previous year.

Additionally, last year UT Southwestern launched its Summer Earn and Learn (SEAL) program, offered through the Texas Workforce Commission. The program provides work readiness training and a job for students ages 14-22 with disabilities.

INSIGHT Into Diversity magazine will feature UT Southwestern in the December 2019 issue alongside other Health Professions HEED Award institutions that include The Ohio State University College of Medicine, the Johns Hopkins School of Nursing, and the University of California, Riverside School of Medicine.

See the endowed titles held by Dr. Podolsky below.

Alumna establishes scholarship fund for PA students

By Julie Henley

Catherine Judd, M.S., PA-C, has pledged \$125,000 to support physician assistant (PA) students in the clinical phase of their training at her alma mater, the UT Southwestern School of Health Professions. From her gift, \$100,000 will be used to endow the Catherine R. Judd Scholarship Fund, and \$25,000 will be available immediately to increase the impact of the fund. Ms. Judd has also joined UT Southwestern's Heritage Society to further contribute to the Scholarship Fund through a gift in her estate plan.

Currently, Ms. Judd is a Clinical Assistant Professor at the School of Health Professions and a Psychiatry Preceptor at the UT Dallas PA Program. She recently retired from her position as Senior PA for Parkland Health and Hospital System's Jail Mental Health Program. In 2016, she received the School of Health Professions' Educator of the Year award, followed in 2018 with the recognition of Parkland Memorial Hospital's Distinguished Career Award.



Catherine Judd teaches students in the UT Southwestern School of Health Professions.

Teaching and precepting PA students has become one of Ms. Judd's greatest passions. She was motivated to create the Catherine R. Judd Scholarship Fund through her mentorship of aspiring PA clinicians.

"Getting to know the experiences and the challenges that students face in order to attend the UT Southwestern School of Health Professions has been

eye-opening," Ms. Judd remarked. "Their passion, determination, and commitment to becoming physician assistants and the obstacles many of them have to overcome to do so is laudable."

"Catherine's generosity and care for humanity are examples to us all," said Dr. Daniel K. Podolsky, President of UT Southwestern. "This scholarship will have a lasting impact on the ability

of our PA students to provide better health care in the future. Through the support of our PA students, this gift will ultimately benefit legions of patients."

Fifty-four percent of UTSW School of Health Professions students receive financial aid. Having spent her career caring for underserved populations, Ms. Judd is mindful of the deserving students she encounters and the sacrifices many of them make to become PAs.

Ms. Judd carved out a career path in the field of mental health after graduating from the School of Health Professions in 1983. Following commencement, she accepted a job at the Dallas Veterans Affairs Medical Center, providing medical care on an acute psychiatric inpatient unit. This unique experience fueled her passion for psychiatry and neuroscience.

Throughout her career, Ms. Judd's desire to provide quality medical care to the marginalized led her to work internationally in Egypt, for the Peace Corps in Uzbekistan, with a private aid organization in Ghana, and most recently in Tanzania. Ultimately, her vision is that every scholarship

Donate online

You can contribute to the Catherine R. Judd Scholarship Fund online at engage.utsouthwestern.edu/donate-now by selecting "other" as the designation and typing in "Catherine R. Judd Scholarship Fund" in the open field.

The Heritage Society recognizes those who make planned gifts to benefit UT Southwestern Medical Center. To learn more about becoming a member, visit engage.utsouthwestern.edu/planned-giving today.

awarded will support equally altruistic students who are committed to pursuing PA careers in service of the less fortunate.

Dr. Podolsky holds the Philip O'Bryan Montgomery, Jr., M.D. Distinguished Presidential Chair in Academic Administration, and the Doris and Bryan Wildenthal Distinguished Chair in Medical Science.

Brain Continued from page 1

Research in the Department of Internal Medicine.

Three cores will support the grant projects. Dr. Syann Lee, Assistant Professor of Internal Medicine, serves as the research coordinator and will assist Dr. Elmquist – who has additional appointments in Pharmacology and Psychiatry – in the administration and operation of the grant.

Project 1: CNS neurons regulating metabolism

Dr. Elmquist and Dr. Carlos Castorena, Instructor of Internal Medicine, will collaborate with Dr. Nick Betley of the University of Pennsylvania to study how exercise changes the signals sent by neurons in the central nervous system to influence the beneficial effects of exercise. Dr. Castorena of the Elmquist laboratory and former lab member Dr. Teppei Fujikawa previously found that mice lacking the steroidogenic factor 1 (SF1) protein in the hypothalamus region of the brain have blunted metabolic responses to exercise. The two teams will now explore the hypothesis that exercise induces changes to hypothalamic neurons that regulate food intake, body composition, exercise endurance, and insulin sensitivity. These studies will rely on several unique mouse models and high-tech strategies such as neuronal imaging and optogenetics.

Project 2: Hormonal changes following exercise

Dr. Jeffrey Zigman, Professor of Internal Medicine and Psychiatry, will lead research investigating the hormonal and neuronal mediators that influence appetite, energy expenditure, and exercise endurance. The investigation follows up on a mouse study published last year by Drs. Zigman and Elmquist suggesting that exercise raises levels of the hormone ghrelin and that inability to respond to the increased ghrelin markedly diminishes food intake after exercise. Dr. Zigman's

team will use a unique collection of genetically engineered mouse models to study the mechanisms regulating exercise-induced ghrelin release. They also will investigate the neuronal sites and other mechanisms by which ghrelin influences metabolic responses to exercise and endurance.

Project 3: Neuronal changes after exercise

Dr. Kevin Williams, Associate Professor of Internal Medicine, will investigate the mechanisms underlying exercise-induced adaptations of neurons that influence metabolism. The research will expand on a 2018 mouse study by Dr. Williams that showed exercise rapidly alters the activity in a neural circuit regulating body weight and blood-glucose levels. In particular, a single exercise session altered the activity of this circuit to suppress appetite and improve glucose metabolism, lasting from hours to days. This work highlights the flexibility of hypothalamic neurons in response to exercise.

Cores: Neuroanatomy, histology, and exercise

Dr. Laurent Gautron, Assistant Professor of Internal Medicine, will direct the neuroanatomy and histology cores that will provide skilled histological and surgical services to grant investigators. Notably, the core will be an essential component of the characterization and validation of proposed mouse models, including gene-specific deletions studied. Dr. David Wasserman, Professor of Molecular Physiology and Biophysics at Vanderbilt, will direct the exercise physiology core.

Dr. Elmquist holds the Carl H. Westcott Distinguished Chair in Medical Research and the Maclin Family Distinguished Professorship in Medical Science, in Honor of Dr. Roy A. Brinkley.

Dr. Zigman holds the Kent and Jodi Foster Distinguished Chair in Endocrinology, in Honor of Daniel Foster, M.D., The Diana and Richard C. Strauss Professorship in Biomedical Research, and the Mr. and Mrs. Bruce G. Brookshire Professorship in Medicine.

CLASS

NOTES

IN MEMORIAM

MEDICAL SCHOOL

Ben F. Bridges, M.D. ('47)
William R. Beavers, M.D. ('53)
B. Orland Baker Jr., M.D. ('55)
Don P. Warden, M.D. ('55)
James P. Evans, M.D. ('59)
Dee H. Norton Jr., M.D. ('59)
Clarence K. Whiteside, M.D. ('59)
Augustus Alonzo Hall Jr., M.D. ('61)
Philip E. Duvall, M.D. ('62)
Paul S. Michaelson, M.D. ('63)
Harold I. Nachimson, M.D. ('63)
Thomas S. Davidson, M.D. ('75)
Joseph Michael Jez, M.D. ('76)
Kelvin L. Krank, M.D. ('80)
Patricia S. Lee, M.D. ('90)

FORMER HOUSESTAFF

John D. Seifert, M.D. (Otolaryngology)

For the latest updates on alumni events and news, visit engage.utsouthwestern.edu/alumni and follow @utswalumni on Facebook.

Please send your Class Notes contributions or address changes to the Office of Development and Alumni Relations, UT Southwestern Medical Center, 5323 Harry Hines Blvd., Dallas, TX 75390-9009, email alumni@utsouthwestern.edu, or call 214-648-4539.

Medical student walks 2,650 miles in honor of a friend's brother

By Patrick Wascovich

Eric Montgomery trudged across the windswept deserts of Southern California and traversed the snow-packed Sierra Nevada mountain range four months before entering UT Southwestern Medical School. His hike along the Pacific Crest Trail – all 2,650 miles of it – raised money for pediatric brain cancer in honor of a childhood friend's brother who died of the disease.

The Pacific Crest Trail is one of the longest in the U.S. and crosses Washington, Oregon and California. It was featured in the 2014 movie *Wild* starring Reese Witherspoon, based on the bestselling memoir of a woman who walked it to regain her balance after her mother died from cancer.

"I suppose the one lesson that permeates most is that of perseverance," Eric, now a second-year medical student, said of his mid-2018 journey. "Perseverance was the most integral trait for hiking all day, every day for four months straight."

The Illinois native's interest in long-distance hiking began when he was a neuroscience undergraduate at Pomona College in Southern California. Halfway through college, Eric decided to attend medical school. He also wanted to complete a major hike before beginning that next chapter of his life. Combining the hike with fundraising for pediatric brain cancer made it more meaningful.

Hiking for Mikey

"Ian Gustafson was a classmate of mine beginning in sixth grade," Eric recalled. "We were both avid baseball players and we started playing together on the local travel team and later in high school. Our friendship continued through carpooling to practices, eating pizza after games, playing pickup basketball in the Gustafsons' driveway."

That's how he met Mikey, Ian's younger brother, who died of diffuse intrinsic pontine glioma (DIPG), an incurable type of childhood brain cancer.

"He had already fought off the initial bouts of his disease, and I remember him then with his easy-going, fun-loving presence while we would be playing around the house.



UTSW medical student Eric Montgomery hiked 2,650 miles across deserts and snow-packed mountains to raise \$185,000 for diffuse intrinsic pontine glioma research. Eric is shown coming down from Mather Pass in the High Sierras in May 2018.



Left: In June 2018, Eric poses on top of Hat Creek Rim at sunset with Mt. Lassen in the background at mile 1,375 of his hike. Right: Eric and hiking companions trekked along the snow-covered trail toward Mount Whitney.



You could rarely tell what he had been going through, other than the times that he wasn't there," Eric said. "Over time, however, Mikey was around less and less as he fought off the toxicities of treatment and, ultimately, the recurrence of the cancer. Mikey passed away in January 2013 – Ian's and my senior year of high school."

Less than 1 percent of children with DIPG are alive five years after diagnosis, according to the Michael Mosier Defeat

DIPG Foundation. Meanwhile, only four pennies of every federal dollar committed to cancer research go to fight the ones common in children, according to the National Pediatric Cancer Foundation.

In Mikey's honor, Eric decided to hike the Pacific Coast Trail and raise money for this disease at the same time. Working with the Swifty Foundation, the Dragon Master Foundation, the Kortney Rose Foundation, and the

Pediatric Brain Tumor Foundation, he established Hike 4 Pennies, asking friends and other online followers of his progress along the trail to donate four pennies for each step he took. Donors could sponsor a specific length – 1 mile, 10 miles, 50 miles – with Eric periodically sharing step totals via social media.

"For example, a 25-mile day typically came to around 50,000 steps, or \$2,000 at the 4-cent rate. By the end, I

was regularly walking 35 to 40 miles per day, with the longest day coming out to 48 miles," he said.

Along the way, Eric received support from members of the DIPG community who had lost loved ones to the disease. One mother even hiked up to Eric at one of the passes in the High Sierra – the southern end of the Sierra Nevada – to help shuttle him to his next resupply point.

Pushing to the limit

With Mikey's memory as inspiration, Eric was determined to push to the end. The trail stretches from the Mexican border to Canada's E.C. Manning Provincial Park. It typically takes four to five months to complete, with deserts, forests, and wind-lashed snowy mountaintops along the way, including Mount Whitney, the highest point in the lower 48 states. Eric wore out four pairs of shoes on the trip.

The woman who wrote *Wild: From Lost to Found on the Pacific Crest Trail* took away a healed soul and a renewed sense of self. Eric left the trail with \$185,000 raised for DIPG research.

"Little did each donor realize the profound meaning they provided a lonely hiker on countless nights in the backcountry. It's hard to capture the sense of isolation that comes with a long hike until you are truly in it, for days on end," Eric said. "Knowing that each day had a purpose in hopefully one day helping a kid with a devastating disease provided comfort that I wouldn't otherwise have had."

By the end, Eric said, he came to appreciate the satisfaction of achieving a meaningful goal and the rewards of perseverance.

"Perseverance enables one to get through the unenjoyable or boring moments, whether it was the seemingly impenetrable forests of Northern California or the afternoons spent postholing up to my waist in soft spring snow in the High Sierra," he said. "It is those moments that usually make for the best stories afterward."

More online: To read the full story, including a Q&A with Eric Montgomery, go to *Center Times Plus* at utsouthwestern.edu/ctplus.

Tragedy, passion inspire UT Southwestern's newest sworn officers

By Ashley Green-Jones

Officer Travis Wright vividly remembers the day when tragedy turned into a catalyst for his law enforcement career. Two longtime friends were killed by a drunken driver while waiting at a crosswalk. At that point, Officer Wright decided to find a way to make an impact to reduce senseless crime.

"They affected so many in the small time they were married," Officer Wright said. "This sudden and tragic death really hit close to my heart and my decision."

And then there was the moment of enlightenment. While taking a two-week road trip one summer, Officer Wright found clarity somewhere between the Grand Canyon and Yellowstone National Park.

"I did some personal searching and talking with God and finally got my answer. I took the first chance I could and contacted my friend, and now fellow officer, who had been an officer here for a few years," he said. "It all just felt right."

After apprenticing at a tattoo parlor and almost 10 years in retail management, he came to UTSW to work as a public safety officer for a year before being promoted to cadet, then graduating from the Basic Police Officer Certification program at Collin College Law Enforcement Academy in March.

"As a public safety officer, I got to know the community through the different shifts and posts that I worked," Officer Wright said. "Throughout my time here I have really grown to know staff and patients alike and I want to be able to help those that we serve, and to also give back to the community."

Officer Wright was recently sworn in as a new UT Southwestern police officer, along with Officers



Officers Travis Wright and Lira Polanco are part of a new class of sworn officers protecting the UT Southwestern campus.

Michael Horton, Jorge Lizardo, Lira Polanco, and Jacob Watson. The five new officers are a part of the 48-member fully commissioned UTSW police force (in blue uniforms) that also is assisted by 79 nonsworn public safety officers (in white shirts).

Another of the new recruits, Officer Polanco, is one of six UTSW female officers. Small but mighty best describes Ms. Polanco, who proudly owns the title of "the shortest officer in the Department."

"There are daily challenges, but they drive me to become a better officer and person every day," Officer Polanco said of her new job. "It is an opportunity to show those wanting to become a police officer that there isn't a challenge big enough to keep you from achieving your dreams. If you have

heart and dedication, you can achieve what you set your mind to."

After graduating from UT Arlington (UTA) with bachelor's and master's degrees in criminology and criminal justice, Officer Polanco became a public safety officer with the UTA Police Department. This was a far jump from her pre-med/biology beginnings.

"I quickly discovered that my first choice at a college degree wasn't my true calling," she said. "I remember taking 'Introduction to Criminal Justice' and I was hooked."

In 2015, she transferred to UT Southwestern as a public safety officer and became a supervisor within months. In November 2018, she joined the

UTSW Police Department at a glance

- The force includes 48 fully commissioned police officers (in blue uniforms) who have the same authority to detain and arrest as other police in Texas. Their jurisdiction includes all counties in which property is owned, leased, or otherwise under the control of the UT System.
- Assisting the police are 79 nonsworn public safety officers (in white shirts), whose duties include patrolling the campus to check for fires, water leaks, and potential security or safety hazards. They report irregularities, emergencies, and suspicious activity.
- Coordinating these efforts are 11 dispatchers who respond to all emergency and nonemergency phone calls and monitor police computers and radios.
- A seven-person administrative staff assists with operational needs of the Department, which is headed by Chief Marcus Lewis.

Basic Police Officer Certification program at Collin College Law Enforcement Academy and graduated in March.

Service is at Ms. Polanco's core. Whether it's providing directions or an escort to the hospital, educating someone about the traffic laws, or teaching self-defense and safety techniques, she strives to help at least three people a day to improve the community. The help she gives is not only from the heart, but a way to pay it forward from the support she receives from her work peers.

"The best part of my job is my extended family in blue. A lot of people don't understand the daily sacrifices we make," said Ms. Polanco. "We miss holidays, birthdays, and special occasions, so having that extra support from your extended family is tremendous. People call this a job, but when you love what you do, and do what you love with family, it isn't working – it is living."