

Department of Anesthesiology and Pain Management



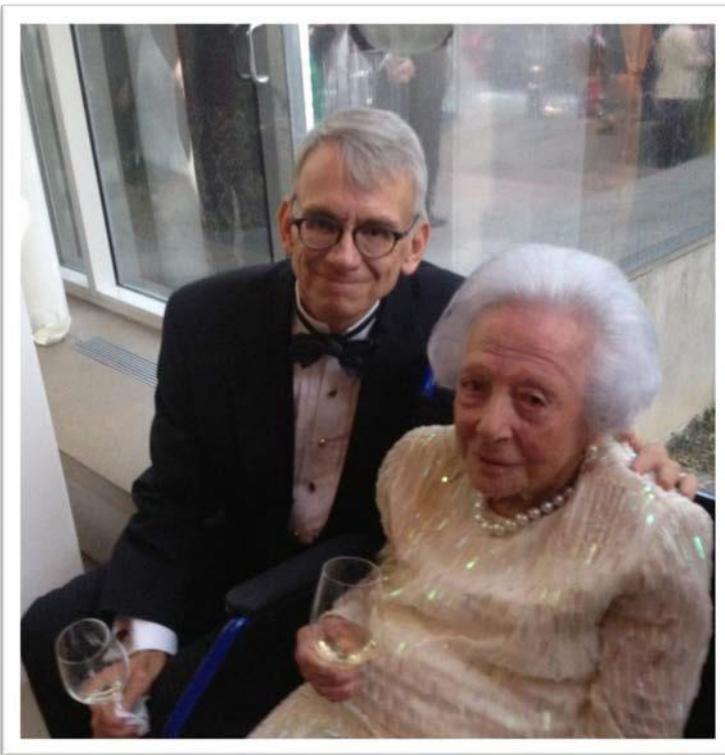
Friday, June 14, 2019

UT Southwestern Medical Center
Pickens Biomedical Building
Fourteenth Floor
6001 Forest Park Road
Dallas, Texas

THE MARGARET MILAM McDERMOTT CHAIR OF ANESTHESIOLOGY SEAL



In April 1966, the Board of Regents of the University of Texas announced the endowment of a Chair of Anesthesiology at Southwestern Medical School by Mr. & Mrs. Eugene McDermott, naming the Chair in honor of Mrs. McDermott. The departmental seal was designed by M.T. Jenkins (circa 1966) to commemorate the establishment of the Margaret Milam McDermott Chair of Anesthesiology.



In the form of the eternal circle, the seal has the initials of UTSMS Dallas at the top. The key in the center symbolizes the key role that anesthesiology plays in the relief of surgical pain. The kidney shape in the hand grip of the key symbolizes the department's dedication to fluid balance in the surgical patient. The locking device of the key is shaped like a shamrock symbolizing the Irish heritage of the McDermott Family. The lone star is the symbol of the state of Texas. On the left is the oriental poppy, the plant source of opium, symbolizing the pharmacologic relief of pain. On the right is the chondrodendron tomentosum, the plant source of curare, symbolizing surgical relaxation. The circle binds the alumni of the program into eternal union with the institution which trained them.

Commencement Program

Welcome

Charles W. Whitten, M.D. - Chairman

Edward R. Johnson Outstanding Visiting Student Award – Allison Mootz

Presented by: Amy Woods, M.D.



The Edward R. Johnson Visiting Medical Student Award is presented by the Department of Anesthesiology and Pain Management in recognition of a non-UT Southwestern medical student who embodies the qualities that are essential for distinguished training in Anesthesiology. The recipient of this award functioned in a highly professional manner on the Basics of Anesthesiology Medical Student Clerkship. The participation in this clerkship allowed our faculty and residents the opportunity to observe this individual's availability to be involved in the clinical environment, her affable personality, and ability to grasp the core aspects of our discipline. We are honored to acknowledge Allison Adele Mootz as this year's Edward R. Johnson Outstanding Visiting Medical Student.

M.T. "Pepper" Jenkins Outstanding Medical Student Award – Christopher McElrath & Hannah Viroslav

Presented by: Amy Woods, M.D.



The M.T. "Pepper" Jenkins Award is presented by the Department of Anesthesiology and Pain Management in recognition of the UT Southwestern Medical Student who has demonstrated exceptional clinical performance to the faculty and staff. This award acknowledges a student with enthusiasm for the specialty of Anesthesiology. This year's recipients have distinguished themselves among UT Southwestern students and should be highly motivated, self-directed residents and future leaders in Anesthesiology. We are honored to acknowledge both Christopher Jordan McElrath and Hannah Louise Viroslav as this year's M.T. "Pepper" Jenkins Outstanding Medical Students.

Resident Award for Outstanding Medical Student Teaching – Le Nguyen, M.D.

Presented by: Amy Woods, M.D.

This award is presented by the Department of Anesthesiology and Pain Management in recognition of a Resident who has consistently and meaningfully engaged our medical students. This resident was selected and identified by numerous medical students as having the most impact on their education.

James D. Griffin, M.D. Medical Student Teaching Award – Javier Marull, M.D.

Presented by: Amy Woods, M.D. & Kevin Klein, M.D.

The James D. Griffin, M.D. Medical Student Teaching Award was established to recognize Dr. Griffin's ongoing dedication and commitment to teaching medical students in the Department of Anesthesiology and Pain Management. The award is presented annually to honor a faculty member who has exhibited excellence and dedication to our medical students' educational experience.

Introduction of Commencement Speaker

Presented by: Asif Khan, M.D., Jennifer Kim, M.D., Le Nguyen, M.D. & Mihir Parikh, M.D.



Jaffer Odeh, M.D., is an Assistant Professor in the Critical Care Medicine Division in the Department of Anesthesiology and Pain Management Department at University of Texas Southwestern Medical Center. He attended both college and medical school at the University of Michigan. Dr. Odeh completed his Anesthesiology Residency, Critical Care Medicine Fellowship and Liver Transplant Anesthesia Fellowship at the Cleveland Clinic Foundation. In 2012, he joined the Department of Anesthesiology at UTSW, where he has taken an active role in resident education as former Chair and current member of the Clinical Competence Committee. He is married to his wonderful and amazing wife Lindsey, and they have 3 children, two beautiful sons, Kaiden and Cameron, and a precious daughter, Ava.

Presentation of Certificates to Resident Graduates

Various Selected Faculty

Presentation to Chief Residents

Charles W. Whitten, M.D., Catherine Barden, M.D., Aditee Ambardekar, M.D., Lawrence Liang, M.D., Alycia Wanat-Hawthorne, M.D. & Ejike Okoro, M.D.

Outstanding Research Awards – Akeel Merchant, M.D. & David Busch, Ph.D.

Charles W. Whitten, M.D. & Amanda Fox, M.D.

Mary Booth Steward, M.D. Memorial Award – Diane McCune, M.D.

Charles W. Whitten, M.D., Catherine Barden, M.D., Aditee Ambardekar, M.D., Ravi Bhoja, M.D. & Caroline Cammack

Caroline Cammack, through The Whit Cammack Foundation, has generously established a new award in memory of her mother, Mary Booth Steward, M.D. As the first resident to graduate from the Department of Anesthesiology and Pain Management at UT Southwestern Medical Center, Dr. Steward set an extraordinary standard for all subsequent residents who would train in this program. She completed her residency in the mid-1950s and epitomized this new program that defined the legacy of its founder, M.T. "Pepper" Jenkins, M.D. She subsequently went on to serve the community of Abilene, TX while being the first anesthesiologist ever to represent the Department of Anesthesiology and Pain Management. With this honor, we will recognize a graduating resident who best demonstrates many of the intangible, humanistic qualities which were a trademark of Dr. Steward: compassion, professionalism, patient ownership and empathy.

Outstanding Resident Award – Akeel Merchant, M.D.

Catherine Barden, M.D., Aditee Ambardekar, M.D., Lawrence Liang, M.D., Alycia Wanat-Hawthorne, M.D. & Ejike Okoro, M.D.

This award is presented annually to the Outstanding Graduate Resident in Anesthesiology. This graduating resident clearly distinguished himself/herself both in and out of the operating room; while adhering to the 6 competency areas as prescribed by the Accreditation Council for Graduate Medical Education (ACGME). These are: Professionalism, Patient Care, Systems-Based Practice, Practice-Based Learning and Improvement, Interpersonal and Communication Skills and Medical Knowledge. This year the faculty would like to recognize the 2018-2019 resident they feel best met these goals and objectives.

Presentation of Dennis F. Landers, M.D., Ph.D. Teaching Award – Ashley Yager, M.D.

Abby Brehm, M.D., Seth Nelson, M.D., Osa Obanor, M.D. & Jenny Ringqvist, M.D.

This award is presented on behalf of the residents in recognition of the faculty member who has four or less years of experience in practice with UT Southwestern, Department of Anesthesiology and Pain Management and who they believe has consistently demonstrated a true enthusiasm for clinical teaching both in and out of the operating room. The recipient will receive a \$3,000 addition to their education fund. The residents would like to acknowledge and congratulate the recipient of the 2018–2019 Dennis F. Landers, MD, PhD Teaching Award.

Faculty of the Year – John Alexander, M.D., M.B.A.

Presented by: Asif Khan, M.D., Jennifer Kim, M.D., Le Nguyen, M.D. & Mihir Parikh, M.D.

This award is presented on behalf of the residents in recognition of the faculty member they believe best demonstrates true enthusiasm for clinical teaching both in and out of the operating room; and most consistently exemplifies the best of teaching, role modeling, and mentoring. The recipient will receive a \$5,000 addition to their education fund. The residents would like to acknowledge and congratulate the recipient of the 2018-2019 Faculty of the Year Award.



2018 – 2019 Anesthesiology Resident Graduates





David Mosbacher Bashover, M.D.

University of Texas Medical School at Houston, Houston, TX – 8/11 – 5/15
UT Southwestern Medical Center, Dallas, TX – 7/15 – 6/19



Renee Dawn Doherty, M.D., M.S.

University of Alabama School of Medicine, Birmingham, AL – 8/08 – 5/12
Inova Fairfax Hospital, Falls Church, VA – 6/12 – 3/15
UT Southwestern Medical Center, Dallas, TX – 7/16 – 9/19

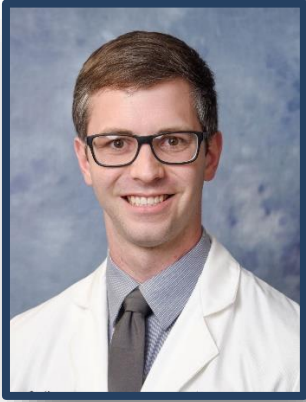
I would like to thank all of the faculty who went out of their way for me, for those that tried to make sure I understood something, for those that shared their personal lives with me. I would like you to know that you are the reason for the physician that I have become and I am proud to say that you have trained me. Most importantly, I would like to thank my family for putting up with all these years of training. Thank you, Gbenga for being my sounding board for every difficult decision, for caring for our kids so I could work, for never complaining about what has happened or what is in our future. Thank you for putting up with my whining about any of a million things. Thank you for loving me when I am tired and difficult, for encouraging me when I am low, and for knowing that this is a means to an end when all I can see is just one more task. Thank you for making me smile when I want to cry and for making me laugh when I am all spent. You're the best husband I could ever ask for and I am so thankful that God gave me you. And thank you kiddos for sharing your mommy with all the patients.



Katherine L. Duncan, M.D., M.S.

Georgetown University School of Medicine, Washington, DC – 8/11 – 5/15
UT Southwestern Medical Center, Dallas, TX – 7/15 – 6/19

Thanks to the faculty and staff at all hospitals for creating a positive learning environment, the department administration for helping with last minute paperwork and details, my parents for their constant love, and, most importantly, my husband Brian, for always being understanding and supportive.



Nicholas William Gill, M.D.

University of Cincinnati College of Medicine, Cincinnati, OH – 8/10 – 5/14
UT Southwestern Medical Center, Dallas, TX – 7/14 – 6/16
UT Southwestern Medical Center, Dallas, TX – 7/16 – 6/19



Asif Khan, M.D.

University of Texas Medical School at San Antonio, San Antonio, TX – 8/11 – 5/15
UT Southwestern Medical Center, Dallas, TX – 7/15 – 6/19

To all the faculty and staff who have inspired, motivated and made this day a reality, I appreciate all the mentoring, effort, time and love. To my fellow classmates, I couldn't have asked for a stronger, funnier, or more supportive group of individuals to travel this journey with. You have made me a better physician and a better friend. And most importantly, to my parents and family for the constant love, support, and sacrifices you have made. And finally, thank you to Jana, the girl of my dreams and guiding light.



Jennifer Meeyun Kim, M.D.

University of Missouri, Columbia School of Medicine, Columbia, MO – 8/11 – 5/15
UT Southwestern Medical Center, Dallas, TX – 7/15 – 6/19

Forever grateful to my family for their unconditional love, support and encouragement -- I would not be where I am today without everything you all have done for me. To my fellow classmates, I am thankful for the laughs, lessons and memories that we shared and wish you all the best. To the faculty and staff, thank you for your dedication to my education and mentorship in and out of the ORs.



Xuan Tran Langridge, M.D.

Texas A&M University System HSC College of Medicine, College Station, TX – 8/11 – 5/15
UT Southwestern Medical Center, Dallas, TX – 7/15 – 6/19

First and foremost, I give praise to my Heavenly Father whom through Him, all things are indeed possible. I pray that he continues to grace my heart and hands as I take off on my own journey. Secondly, I want to thank my husband for his unending patience and support throughout these last four years. Colton, you are my rock and I love you. I am so unbelievably blessed to have you by my side. You never cease to impress me with your humility and knowledge of literally all-the-things. I am still waiting for the day that an ounce of your intellect will rub off onto me. I'll consider myself successful if I am at least half of the caring and skillful physician that you are.

Next, I want to thank my parents and all of my siblings aka The Tran Clan for their unwavering love and support ever since I was little girl bent on going to medical school. Mom and Dad, everything that I have done in my life is to honor and to praise you both and I hope that I have made you both proud. Thank you for showing me from a young age the meaning of determination, perseverance, and personal responsibility. To the Tran Clan, thank you for keeping me sane with the daily updates on GroupMe and Snapchat of what my nieces and nephews were doing/wearing/eating. The sense of togetherness despite being so many miles away from home for so long has gotten me through more rough days and long nights than you guys will ever know!

Lastly, I want to thank all of the faculty members at UT Southwestern for their mentorship. It takes a special group of people to invest so much energy into training the future of anesthesiology and for that, I'll always be grateful for having trained here. To my co-residents, WE MADE IT! You all will always have a special place in my heart and I look forward to following along in your future endeavors! My final shout out is reserved for my sister from another mister, Jen Kim. You are my most treasured part of residency and I hope we get the chance to reunite as the true Asian Pain Service (APS) one day!

Diane Elise McCune, M.D.



University of Texas Medical Branch School of Medicine, Galveston, TX – 8/08 – 5/12
University of Texas Austin Dell Medical School, Austin, TX – 7/12 – 6/15
UT Southwestern Medical Center, Dallas, TX – 7/16 – 6/19

It has been a long road to this point. Thank you to all the faculty who have helped these past few years, teaching and hanging out in the OR. Thank you to all my friends and family who have been encouraging through the long hours and limited availability. Especially to Mom, you've been to every graduation along the way. And to Eric, no more residencies, I promise. I love you all!

Akeel M. Merchant, M.D.



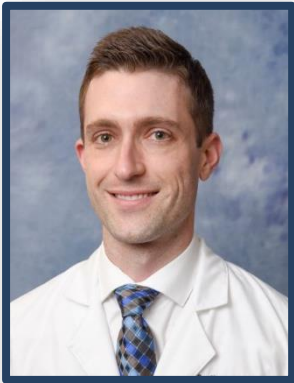
Albany Medical College of Union University, Albany, NY – 8/08 – 5/12
Baystate Medical Center, Springfield, MA – 7/12 – 6/13
St. Elizabeth's Medical Center, Boston, MA – 7/13 – 6/15
UT Southwestern Medical Center, Dallas, TX – 7/15 – 6/16
UT Southwestern Medical Center, Dallas, TX – 7/16 – 6/19

As I reflect on my journey here at UTSW, I would like to express my deepest gratitude to my family for their unconditional love and support. I am thankful for the opportunity to successfully complete my residency training under the guidance of such esteemed and dedicated faculty members who have provided me the necessary clinical acumen and skill set. I am grateful for the tireless and exemplary work of all the staff members including the education division, anesthesia technicians and nurses. Finally, to all my friends and peers, thank you for your invaluable support and I wish you all the best in your next phase of life. I am indebted to all my experiences during residency training which have shaped me not only as an anesthesiologist but also as a human being.



Patrick Musau, M.D.

University of Texas Medical Branch School of Medicine, Galveston, TX – 8/11 – 5/15
UT Southwestern Medical Center, Dallas, TX – 7/15 – 12/19



Geoffrey Edward Nelson, D.O.

Arizona College of Osteopathic Medicine of Midwestern University, Glendale, AZ – 8/11 – 5/15
Lincoln Medical and Mental Health Center, Bronx, NY – 7/15 – 6/16
UT Southwestern Medical Center, Dallas, TX – 7/16 – 6/19

I want to thank all of the faculty and administration who have made this unforgettable experience possible and trained me to be the physician I am today. I will always seek to live up to the role models they have been to me during my time here at UTSW. I also want to thank both my parents and step-mother for their incredible wisdom, support, and encouragement since day one. They have been the crucial rock in this entire process for me and I could not be here without them. Finally, I want to express sincere gratitude to my girlfriend Katie who has been by my side in the toughest moments. Her endless patience, understanding, and love always give me the strength to persevere.



Le Hoang Nguyen, M.D.

Texas Tech University School of Medicine, Lubbock, TX – 8/11 – 5/15
UT Southwestern Medical Center, Dallas, TX – 7/15 – 6/19

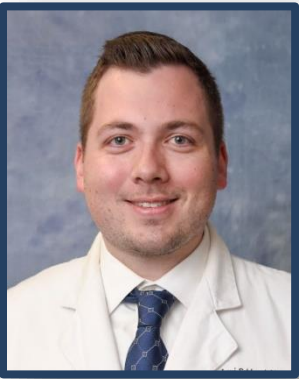
To all the faculty and staff who have taught me so much, thank you! To my fellow classmates, thanks for all of the joy and laughter during these past four years. I wish you all the best! I would also like to thank my parents, family, and friends for their endless love and support. Couldn't have done it without y'all!



Mihir K. Parikh, M.D.

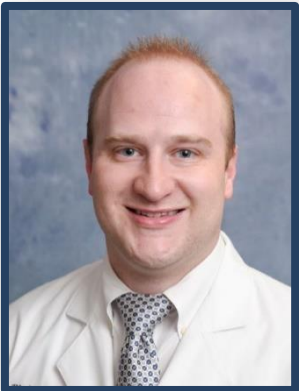
Wake Forest University School of Medicine, Winston-Salem, NC – 8/11 – 5/15
UT Southwestern Medical Center, Dallas, TX – 7/15 – 6/19

What a journey this has been! I would like to thank my family and friends for always being by my side. I am thankful to all the UTSW/ Parkland staff for being great teachers and mentors. My parents, without whom nothing would have been possible. A very special thank you to my wonderful wife, Sunita - who has been my anchor and the biggest source of my happiness.



Levi J. Schlegel, M.D.

UT Southwestern Medical Center, Dallas, TX – 8/11 – 5/15
UT Southwestern Medical Center, Dallas, TX – 7/15 – 6/19



Brady P. Selig, M.D.

University of Oklahoma College of Medicine, Oklahoma City, OK – 8/11 – 5/15
UT Southwestern Medical Center, Dallas, TX – 7/15 – 6/19

Thank you to God, my wife, my family, and all my attendings, teachers, and others who have made it possible for me to be where I am today. I am infinitely grateful to you all.



Miakka Nicole Smith, M.D.

University of Texas Medical Branch School of Medicine, Galveston, TX – 8/11 – 5/15
UT Southwestern Medical Center, Dallas, TX – 7/15 – 7/19

First and foremost, I would like to begin by thanking God for giving me strength, knowledge, and perseverance, as none of this would be possible without him. Next, I would like to thank my mother, who has been my biggest cheerleader through the struggles, disappointments, and triumphs. I can never thank you enough for the many hours that you have devoted to ensuring that I know that I'm never alone. To my family and friends, your unwavering love and well wishes have always provided me with a strong foundation. Thank you to the special few faculty that were true resident advocates and took the time to foster relationships with their trainees. Your words of wisdom will forever hold a place in my heart and be a roadmap for the type of physician I want to become. Becoming Dr. Smith has not been solely my journey, but the culmination of all the support and prayers of those around me. I am forever grateful.



Jonathan D. Stubblefield, M.D.

University of Texas Medical Branch School of Medicine, Galveston, TX – 8/11 – 5/15
UT Southwestern Medical Center, Dallas, TX – 7/15 – 6/19



Casey Suzanne Wollenman, M.D.

UT Southwestern Medical Center, Dallas, TX – 8/11 – 5/15
UT Southwestern Medical Center, Dallas, TX – 7/15 – 6/19

To my classmates, we finally made it through four years of late nights, long cases, rough chiefing shifts, 2 am transplants, and have grown from it. Though some days were rough, it's been a blast, and we've got great memories. Thank you to all of the faculty who have helped teach, guide, and shape me into the anesthesiologist I am today. Y'all have seen some of my most human and struggle-bus days and still given me faith I knew what I was doing. And to my family – y'all are my strongest rock and support. You never let me question or give up. I couldn't have done any of this without your love and support. Mom, thank you for everything.

RESIDENCY CLASS OF 2019



CONGRATULATIONS!

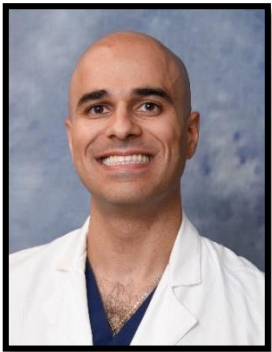
2018 – 2019 Anesthesiology Fellowship Graduates

Adult Cardiothoracic Fellows



Ripple Chokshi, M.D.

University of Miami LM Miller School of Medicine, Miami, FL – 8/09 – 5/13
Mount Sinai Beth Israel, New York, NY – 7/13 – 6/14
UT Southwestern Medical Center, Dallas, TX – 7/14 – 8/17
UT Southwestern Medical Center – Critical Care Medicine, Dallas, TX – 8/17 – 8/18
UT Southwestern Medical Center – Adult Cardiothoracic, Dallas, TX – 8/18 – 8/19



Kaveh Marzbani, M.D.

Shahid Beheshti University of Medical Science, Tehran, Iran – 2/03 - 9/10
Henry Ford Hospital Main Campus, Detroit, MI – 7/14 – 6/18
UT Southwestern Medical Center – Adult Cardiothoracic, Dallas, TX – 8/18 – 7/19

Critical Care Medicine Fellows



Callie Gittemeier Ebeling, M.D.

University of Texas Medical School at Houston, Houston, TX – 8/10 – 5/14
University of Texas Medical School at Houston, Houston, TX – 7/14 – 6/15
UT Southwestern Medical Center, Dallas, TX – 7/15 – 6/18
UT Southwestern Medical Center – Critical Care Medicine, Dallas, TX – 8/18 – 7/19



Andrew Samuel Fredericks, M.D.

University of Mississippi School of Medicine, Jackson, MS – 8/10 – 5/14
UT Southwestern Medical Center, Dallas, TX – 7/14 – 6/17
UT Southwestern Medical Center – Critical Care Medicine, Dallas, TX – 8/17 – 7/19



Hooman Heravi, M.D.

UT Southwestern Medical Center, Dallas, TX – 8/10 – 5/14

UT Southwestern Medical Center, Dallas, TX – 7/14 – 6/18

UT Southwestern Medical Center – Critical Care Medicine, Dallas, TX – 8/18 – 7/19

Obstetric Fellows



Kelechi Brenda Anyaehie, M.D., M.P.H.

University of Texas Medical School at San Antonio, San Antonio, TX – 8/10 – 5/14

UT Southwestern Medical Center, Dallas, TX – 7/14 – 7/18

UT Southwestern Medical Center – Obstetric, Dallas, TX – 8/18 – 7/19



Tristyn Veronique St. Thomas-Achoja, M.D.

Meharry Medical College School of Medicine, Nashville, TN – 8/10 – 5/14

UT Southwestern Medical Center, Dallas, TX – 7/14 – 7/18

UT Southwestern Medical Center – Obstetric, Dallas, TX – 8/18 – 7/19

Pain Medicine Fellows



Ahmed Sherif Embabi, M.D.

University of Texas Medical School at Houston, Houston, TX – 8/10 – 5/14

UT Southwestern Medical Center, Dallas, TX – 7/14 – 6/18

UT Southwestern Medical Center – Pain Medicine, Dallas, TX – 7/18 – 6/19



Shannon Patrick Garitty, M.D.

University of Arizona College of Medicine, Glendale, AZ – 8/09 - 5/13
Phoenix Integrated Surgical Residency, Phoenix, AZ – 7/13 – 6/15
UT Southwestern Medical Center, Dallas, TX – 7/14 – 7/18
UT Southwestern Medical Center – Pain Medicine, Dallas, TX – 7/18 – 6/19

Pediatric Fellows



Aveline Pascual Jerome, M.D.

University of Texas Medical Branch School of Medicine, Galveston, TX – 8/10 – 5/14
UT Southwestern Medical Center, Dallas, TX – 7/14 – 8/18
UT Southwestern Medical Center – Pediatric, Dallas, TX – 9/18 – 8/19



Ashley Merrin Joseph, M.D.

UT Southwestern Medical Center, Dallas, TX – 8/07 – 5/11
Texas Children's Hospital/Baylor College of Medicine, Houston, TX – 7/11 – 6/14
University of California San Diego Medical Center, San Diego, CA – 7/14 – 6/16
UT Southwestern Medical Center, Dallas, TX – 7/16 – 6/17
UT Southwestern Medical Center – Pediatric, Dallas, TX – 1/19 – 12/19



John M. McGrimley, M.D., M.S.

University of Arkansas for Medical Sciences College of Medicine, Little Rock, AR – 8/10 – 5/14
UT Southwestern Medical Center, Dallas, TX – 7/14 – 6/18
UT Southwestern Medical Center – Pediatric, Dallas, TX – 8/18 – 7/19



Shelly A. Ragsdale, M.D.

University of Texas Medical School at Houston, Houston, TX – 8/10 – 5/14
Baylor Scott & White Hospital, Temple, TX – 7/14 – 6/18
UT Southwestern Medical Center – Pediatric, Dallas, TX – 8/18 – 7/19

Lessons Learned Along My Journey. . .

If you want to stay in one place, you have to run ahead. – Alice in Wonderland

Listening, not imitation, may be the sincerest form of flattery. – Dr. Joyce Brothers

Give thanks every day for having the opportunity to be a physician. -Charles W. Whitten

“Other people go to an office. I get to coach. I know I’ve been blessed.”-Jim Valvano

Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you believe that you, too, can become great, – Mark Twain

Tell your patients, when the situation presents itself, that it is a privilege to be their physician. Jerry Kennett, MD (My parent’s cardiologist)

“I would rather believe in people and be disappointed some of the time than never believe and be disappointed all the time.”- John Wooden

Golf is the closest game to the game we call life. You get bad breaks from good shots; you get good breaks from bad shots-but you have to play the ball where it lies. The breaks will even themselves up in the long run, if the run is long enough. – Bobby Jones

Good leadership exudes from a combination of knowledge in the hand, experience in the gut and feelings in the heart.

“You will never reach your destination if you stop and throw stones at every dog that barks.”- Winston S. Churchill

When you are finished changing, you are finished.

“Grief is the price we pay for love.”- Queen Elizabeth II

A man has got to know his limitations. – Dirty Harry

Life is people, not stuff.

Make each day your masterpiece.

Ask yourself on a regular basis “What do I want my legacy to be.



The price of greatness is responsibility. – Winston Churchill

“Management is doing things right; leadership is doing the right thing”. – Peter F. Drucker * *Feedback is the breakfast of champions.* – Willis Tate

Not until we are lost do we begin to understand ourselves. - Henry David Thoreau * *If you tell the truth, you never have to remember what you said.*

The great thing about dreams is that sometimes you get to live them out. – Payne Stewart

Seek first to understand, then to be understood. – attributed to the Prayer of St. Francis of Assisi

The more glass half-full people you associate with, the more successful and happy you will be.

When what we are, is what we want to be, that’s happiness. Malcolm Forbes

Best Wishes on your Journey,

Charles W. Whitten MD