

Department of Anesthesiology and Pain Management



Friday, June 12, 2020

UT Southwestern Medical Center
Dallas, Texas
Virtual

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

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 Abigail O'Neil Souryal as this year's Edward R. Johnson Outstanding Visiting Medical Student.

M.T. "Pepper" Jenkins Outstanding Medical Student Award

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 recipient has distinguished themselves among UT Southwestern students and should be highly motivated, self-directed residents and future leaders in Anesthesiology. We are honored to acknowledge Sharon Yun Sun as this year's M.T. "Pepper" Jenkins Outstanding Medical Student.

Resident Award for Outstanding Medical Student Teaching

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

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



Kristina Goff, M.D., is an Assistant Professor in the Critical Care Medicine Division of the Department of Anesthesiology and Pain Management at University of Texas Southwestern Medical Center. Dr. Goff is a Dallas native and grew up in the Highland Park neighborhood. She began her higher education with attending Duke University for her undergraduate degree before returning to Dallas to attend UT Southwestern for her medical education. She loved the medical center here so much she decided to stay for her residency training in anesthesia and pain management, where she became a chief resident. She continued her education at the University of Washington in Seattle, where she completed a fellowship in critical care medicine and returned to Dallas to join the staff at UT Southwestern.

Her leadership continued as a young faculty attending as she quickly rose through the ranks to become Co-Medical Director of the William P. Clements Jr. University Hospital Surgical Intensive Care Unit within just a few short years. Most recently she had the privilege of leading the critical care department at UT Southwestern in managing and caring for patients battling the COVID-19 pandemic. Along with all of these accomplishments, she's one of the most approachable and down-to-earth physicians in the UT Southwestern anesthesia department. When she's not focusing on the clinical aspect of her work, you can hear her having discussions with residents on the humanity of patient care and see her walking into the ICU with baked goods for the residents and nurses. All in all, she's a role model for physicians everywhere and an inspiration to our trainees here at UT Southwestern.

Presentation of Certificates to Resident Graduates

Various Selected Faculty

Presentation to Chief Residents

Alycia Wanat-Hawthorne, M.D. & Ejike Okoro, M.D.

Outstanding Research Awards

Charles W. Whitten, M.D.

Mary Booth Steward, M.D. Memorial Award

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

Lawrence Liang, 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 2019-2020 resident they feel best met these goals and objectives.

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

Jeffrey Chen, M.D., Jessica Grundt, M.D., Syed Jaffery, M.D. & Mohammad-Ali Shaikh, 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 2019–2020 Dennis F. Landers, MD, PhD Teaching Award.

Faculty of the Year

Presented by: 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 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 2019-2020 Faculty of the Year Award.



2019 – 2020 Anesthesiology Resident Graduates



Anand M. Abraham, M.D.

Virginia Tech Carilion School of Medicine, Roanoke, VA – 8/12 – 5/16
Carilion Roanoke Memorial Hospital, Roanoke, VA – 7/16 – 6/17
UT Southwestern Medical Center, Dallas, TX – 7/17 – 6/20



Thomas James Bagwell, M.D.

University of Texas Medical School at San Antonio, San Antonio, TX – 8/12 – 5/16
UT Southwestern Medical Center, Dallas, TX – 7/16 – 6/20

Thank you to all of the faculty for their ability to treat us fairly and respectfully while being excellent teachers of anesthesiology. Thank you to my classmates for the much needed humor, and support while we all went through a challenging time of our lives. Thank you to Rebecca, Aretha and Brian for ensuring our training goes smoothly. The past four years have been an amazing opportunity for me to grow and I could not have done it without you all.



Matthew Paul Bunker, M.D.

University of Texas Medical Branch School of Medicine, Galveston, TX – 8/12 – 5/16
Swedish Medical Center at First Hill, Seattle, WA – 7/16 – 6/17
UT Southwestern Medical Center, Dallas, TX – 7/17 – 6/20

I want to thank every one of the staff at Parkland, CUH, Zale, Children's, and the VA for being instrumental in my education as an anesthesiologist. In particular, I would like to thank Dr. Ambardekar, Dr. Goff, Dr. Bhoja, and Dr. Romito for being true leaders, mentors, and advocates for the residents at all times during the training process. Any resident is only as good as their support structure outside the hospital, and for that I have to thank my beautiful wife, Jen. She has been and always will be my reason for putting in the long hours and hard work throughout this perpetual journey. Thank you, everyone!



Mary Abigail Cowlshaw, M.D.

UT Southwestern Medical Center, Dallas, TX – 8/12 – 5/16
UT Southwestern Medical Center, Dallas, TX – 7/16 – 6/20

I can't believe how quickly time has flown by! To the Class of 2020, I could not have made it here without your friendship and all the laughs we've shared. I never thought residency could be this fun. To my fellow Chiefs (SOJA), I owe you my sanity. I appreciate and love you three so much. Never forget BBB! To Dr. Ambardekar, you are my hero. Thank you for all of your hard work and dedication. You inspire me to always try and change things for the better. To Dr. Goff, you are a hoot. Looking forward to the next Goffapalooza. Bunker's house? To my attendings, thank you for your wisdom and everything you have taught me. To my family and friends who have been with me since day 1, thank you for believing in me and encouraging me every step of the way. And finally, to Robert, you have been my rock since the moment we met. I could not do this without your love and your kindness. Thank you for keeping me fed and full of laughter. I cannot wait for what is to come!!



Janice F. Davis II, M.D., MPH

Medical University of South Carolina College of Medicine, Charleston, SC – 8/12 – 5/16
UT Southwestern Medical Center, Dallas, TX – 7/16 – 6/20

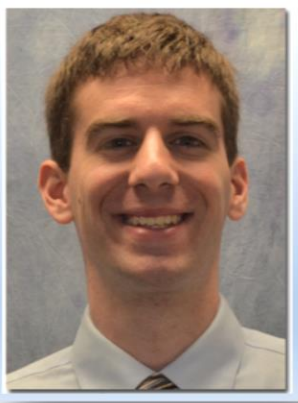


Paul Erich Dilfer M.D.

University of Illinois at Chicago College of Medicine, Chicago, IL – 8/12 – 5/16
UT Southwestern Medical Center, Dallas, TX – 7/16 – 6/20

I am the culmination of the work of many other people. If it were not for the custodians, food services, IT personnel, translators, nurses, pharmacists, and the innumerable support staff at the hospitals, I would not have been able to graduate. Thank you. If it were not for the program administrators and office staff, attending physicians, and program and department leadership, I would not have been able to graduate. Thank you. If it were not for my co-residents, friends, family, and my wife, I would not have been able to graduate. Thank you. I owe each of you a debt far greater than I will ever be able to repay. Dr. Fred Zar once said, "I will never be so important that I can stop saying thank you." Neither will I.

To whomever reads this, please remember to be kind, for everyone you meet is fighting a hard battle.



Colin Christopher Ehlenbach, M.D.

University of Wisconsin School of Medicine, Madison, WI – 8/12 – 5/16
UT Southwestern Medical Center, Dallas, TX – 7/16 – 6/20

To my parents, Chris and Jayne, thank you for supporting me through this long process. You have given me the confidence that I needed to complete my training.

To my wonderful partner, Annie, I could not have done this without you. Thank you for being there during every part of this journey as we continue to fulfill our dreams.

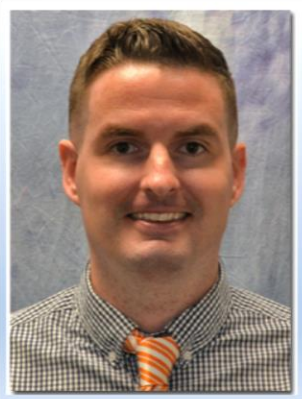
To all of my teachers, I am grateful for the countless memories. The knowledge I gained from our experiences will serve me well in the future.



Louise Ann Gliga, M.D.

UT Southwestern Medical Center, Dallas, TX – 8/12 – 5/16
UT Southwestern Medical Center, Dallas, TX – 7/16 – 6/17
UT Southwestern Medical Center, Dallas, TX – 7/17 – 6/20

I would like to thank my family, for supporting me endlessly through every trial since day one; my friends, both near and far, for embracing my quirks and pushing me to my best; the program, for giving me a chance to be here and in this field, and all the faculty, techs, nurses, staff, and other trainees who put up with me, taught me all the tips and tricks through the challenges, and most of importantly let me know it was ok to step out of my shell and just be me. The journey continues, and I will carry these vital lessons, ridiculous stories, and epic adventures with me. Thank you!



Allan Joseph Hamilton, M.D.

University of Tennessee HSC College of Medicine, Memphis, TN – 8/12 – 5/16
UT Southwestern Medical Center, Dallas, TX – 7/16 – 6/20



Douglas Cuong Huynh, M.D.

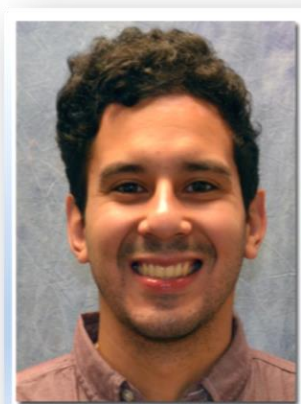
University of Texas Medical School at Houston, Houston, TX – 8/12 – 5/16
UT Southwestern Medical Center, Dallas, TX – 7/16 – 6/20



Rachel E. Jacobs, M.D.

University of Kansas School of Medicine, Kansas City, KS – 8/11 – 12/15
UT Southwestern Medical Center, Dallas, TX – 7/16 – 6/20

Thank you to all the faculty and staff for your patience, guidance and expertise. It's appreciated more than you know. To my classmates, these four years wouldn't have been the same without you. May we celebrate closer than six feet apart someday! Thank you to my parents for the opportunities, endless support and incredible sacrifice that made my education and career a possibility. Love you to the moon and back! And lastly to Brad for the love and laughs, for being there through all the highs and lows. Can't wait for the next journey together!



Michael Francis Jauregui, M.D.

Texas Tech University School of Medicine, Lubbock, TX – 8/12 – 5/16
UT Southwestern Medical Center, Dallas, TX – 7/16 – 6/20

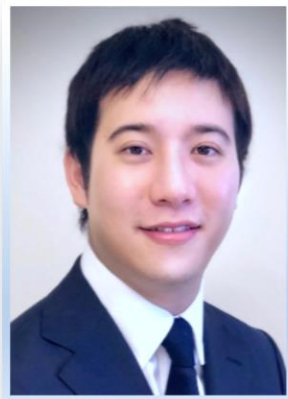
To the faculty and staff of UTSW: thank you for your help in developing me into the healthcare professional that I am today. To my fellow graduating classmates: I truly valued our camaraderie and would not have picked a greater group of individuals to spend these past 4 years with. And finally, as always, I'd like to thank my parents Ricardo and Yvonne for their unconditional love and support as I trek through the phases of my young life.



Brian R. Kurtz, M.D.

Louisiana State University School of Medicine, New Orleans, LA – 8/12 – 5/16
UT Southwestern Medical Center, Dallas, TX – 7/16 – 6/20

Thank you to everyone who's made this journey such memorable experience. Thank you Dr. Ambardekar for being such an incredible advocate and mentor for the residents. Thank you to all of my attendings who have taught me so many valuable lessons along the way. Thank you Dr. Whitten for keeping our department strong through the most trying times. Most of all, thank you Eleanore for being so supportive and always being there for me. No matter what, I know I can always count on you. Couldn't have done it without you!



Frederick Conrad Li, M.D.

Texas A & M University System College of Medicine, College Station, TX – 8/12 – 5/16
UT Southwestern Medical Center, Dallas, TX – 7/16 – 6/20

It is an honor to be amongst my peers and to have the support of countless individuals who have made this day possible. This day has been a long time in the making.

To Dr. Whitten and all of the UT Southwestern faculty and staff, thank you for fostering a culture of betterment and excellence for me to grow in and learn from. To my fellow peers, may you live to the hilt in your next phase of life. I will never forget our experience together. To my loving parents, who have been with me since the very beginning, thank you for spurring me along to the finish line. To my son Charles, thank you for reminding me to not take myself too seriously. Lastly, to my wife, the beautiful Clara, who made these difficult years a joy to live through. This day is your day too, my love.



Anna Elizabeth Martin, M.D.

University of Texas Medical School at Houston, Houston, TX – 8/12 – 5/16
UT Southwestern Medical Center, Dallas, TX – 7/16 – 6/20

The completion of residency could not have been possible without the emotional and financial support of my family; the clinical skills, academic knowledge, and patience of my anesthesia faculty; the laughter and love of my boyfriend Lewis; and the friendships with my co-residents. Many thanks to everyone who has helped me complete this journey.



Kyle Edward Meinhardt, M.D.

University of Texas Medical Branch School of Medicine, Galveston, TX – 8/12 – 5/16
UT Southwestern Medical Center, Dallas, TX – 7/16 – 6/17
UT Southwestern Medical Center, Dallas, TX – 7/17 – 6/20

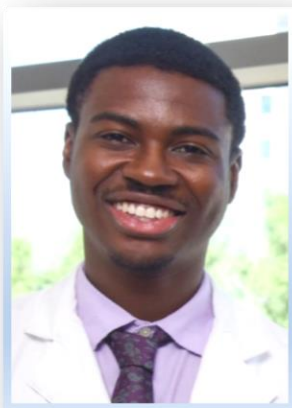
Thank you to my family, especially my wife and parents, for supporting me through my round about journey into and through Anesthesia. The last four years have been everything from incredibly stressful to lots of fun. I am guessing the next four will provide much of the same.



Seth Cordell Nelson, M.D.

University of Texas Medical Branch School of Medicine, Galveston, TX – 8/12 – 5/16
University of Texas Medical Branch, Galveston, TX – 7/16 – 6/17
UT Southwestern Medical Center, Dallas, TX – 7/17 – 6/20

Thank you to my wife, Caitlin, for always being there for me and moving across the state of Texas for my education. Also, thank you to my friends and my family for the ongoing support, and thank you to the faculty and staff who have guided me through training. I appreciate it all very much, and I am grateful for what I have experienced and learned.



Osamudiamen O. Obanor, M.D.

New York University School of Medicine, New York, NY – 8/12 – 5/16
UT Southwestern Medical Center, Dallas, TX – 7/16 – 6/20

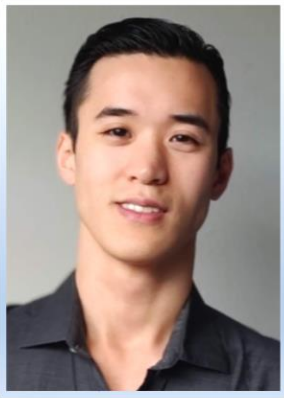
I can't believe these four years are already behind us, time moves so fast. I am extremely grateful for the lessons learned during my time at UTSW and the parts you all played in shaping that experience. First and foremost, I'd like to thank my parents, family and my lovely fiancée, without whom none of this would be possible. They helped me persevere during dark times and they are the foundation on top of which my success was built. To my co-residents I wish ya'll all the best of luck on your future career paths. I know ya'll will be extremely successful in whatever endeavors you chose to take on along the way. A huge shoutout to my co-chiefs. After a year of talking each other off the cliff, griping, putting out fires and doing our best to make improvements wherever we could, I think we came out on the other side better for it. And last but not least, thank you very much to everyone in the education administrative department for all you do for us. My chief year gave me true insight into the battles ya'll constantly fight for the sake of the residents and I truly appreciate all ya'll do.



Jenny Rose Birgitta Ringqvist, M.D.

UT Southwestern Medical Center, Dallas, TX – 8/12 – 5/16
UT Southwestern Medical Center, Dallas, TX – 7/16 – 6/20

To the faculty who have taught and challenged me, thank you. To my co-residents, who have supported me and grown alongside me, thank you. To my family, my friends, and my husband, who have loved me along the way, thank you. And to the patient, who by taking care of I have been given the highest honor, thank you.



Eric Y. Siu, M.D.

State University of New York Upstate Medical University, Syracuse, NY – 8/12 – 5/16
UT Southwestern Medical Center, Dallas, TX – 7/16 – 6/20

To the faculty and staff who supported me through the past 4 years, I appreciate all the time, energy, and wisdom you have given me. To my classmates, I will miss each one of you and I could not have asked for a better group of people to have shared this experience with. To my parents, I will be forever grateful for the opportunities you have given me and your endless love and support through this journey. To Rachel, thank you for making every day wonderful and for teaching me that laryngoscopes are not necessary for non-human intubations.



Daren Rashad Walters, M.D.

Howard University College of Medicine, Washington, DC – 8/12 – 5/16
Howard University Hospital, Washington, DC – 7/16 – 6/17
UT Southwestern Medical Center, Dallas, TX – 7/17 – 6/20

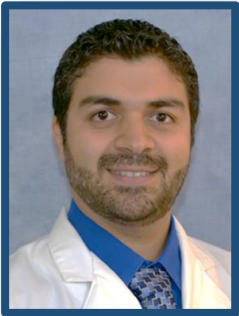
RESIDENCY CLASS OF 2020



CONGRATULATIONS!

2019 – 2020 Anesthesiology Fellowship Graduates

Adult Cardiothoracic Fellows



Hooman Heravi, M.D.

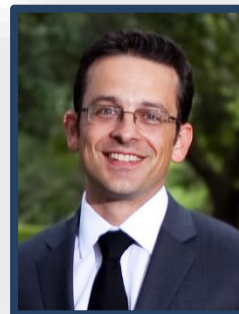
UT Southwestern Medical Center, Dallas, TX – 8/10 – 5/14
UT Southwestern Medical Center, Dallas, TX – 7/14 – 6/18
UT Southwestern Medical Center – Critical Care Medicine, Dallas, TX – 8/18 – 7/19
UT Southwestern Medical Center – Adult Cardiothoracic, Dallas, TX – 8/19 – 7/20



Kenisha Webb Muse, M.D.

University of Kentucky College of Medicine, Lexington, KY – 8/11 - 5/15
Baylor Scott and White, Temple, TX – 7/15 – 6/19
UT Southwestern Medical Center – Adult Cardiothoracic, Dallas, TX – 8/19 – 7/20

Critical Care Medicine Fellow



Jason Valladares, M.D.

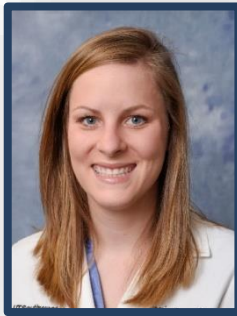
Semmelweis Orvostudományi Egyetem, Budapest, Hungary – 8/08 – 12/14
University of New Mexico, Albuquerque, NM – 7/15 – 6/19
UT Southwestern Medical Center – Critical Care Medicine, Dallas, TX – 8/19 – 7/20

Obstetric Fellows



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
UT Southwestern Medical Center – Obstetric, Dallas, TX – 8/19 – 7/20



Katherine L. Duncan, M.D.

Georgetown University School of Medicine, Washington, DC – 8/11 – 5/15
UT Southwestern Medical Center, Dallas, TX – 7/15 – 6/19
UT Southwestern Medical Center – Obstetric, Dallas, TX – 8/19 – 10/20

Pain Medicine Fellows



Chase Gordon Culver, M.D.

Baylor College of Medicine, Houston, TX – 8/10 – 5/14
University of Texas Medical School at Houston, Houston, TX – 7/14 – 6/18
Yale School of Medicine, New Haven, CT – 8/18 – 7/19
UT Southwestern Medical Center – Pain Medicine, Dallas, TX – 8/19 – 7/20



Joseph S. Hemati, M.D.

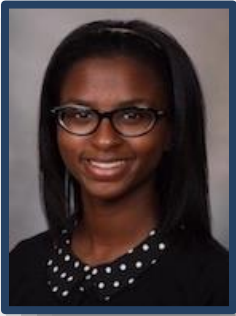
UT Southwestern Medical Center, Dallas, TX – 8/11 – 5/15
University of Oklahoma College of Medicine, Oklahoma City, OK – 7/15 – 6/19
UT Southwestern Medical Center – Pain Medicine, Dallas, TX – 8/19 – 7/20



Dustin Ryan Leek, M.D.

Loma Linda University School of Medicine, Little Rock, AR – 8/11 – 5/15
UT Southwestern Medical Center, Dallas, TX – 7/15 – 6/19
UT Southwestern Medical Center – Pain Medicine, Dallas, TX – 7/19 – 6/20

Pediatric Fellows



Rhae Ellen Battles, M.D.

Meharry Medical College School of Medicine, Nashville, TN – 8/11 – 5/15
University of Florida, Gainesville, FL – 7/15 – 6/19
UT Southwestern Medical Center – Pediatric, Dallas, TX – 8/19 – 10/20



Luana Oliveira Melo, D.O.

University of North Texas HSC College of Osteopathic Medicine, Ft Worth, TX – 8/10 – 5/14
University of Texas Medical Branch, Galveston, TX – 7/14 – 6/18
UT Southwestern Medical Center, Dallas, TX – 7/18 – 6/19
UT Southwestern Medical Center – Pediatric, Dallas, TX – 9/19 – 8/20



Lance Stephen Smith, M.D.

UT Southwestern Medical Center, Dallas, TX – 8/88 – 5/92
University of Oklahoma in Tulsa, Tulsa, OK – 7/92 – 6/97
Michigan State University, Grand Rapids, MI – 7/97 – 6/98
University of Texas Medical Branch, Galveston, TX – 1/03 – 6/08
University of Texas MD Anderson, Houston, TX – 7/10 – 6/12
UT Southwestern Medical Center – Pediatric, Dallas, TX – 9/19 – 9/20

Pediatric Cardiothoracic Fellow



Mikel Gorbea, M.D.

University of Texas Medical School at San Antonio, San Antonio, TX – 8/09 – 5/13
State University of New York, Downstate Medical Center, Brooklyn, NY – 7/13 – 6/17
Columbia University Medical Center, New York, NY – 7/17 – 6/18
Stanford Children's Health, Palo Alto, CA – 7/18 – 6/19
UT Southwestern Medical Center – Pediatric Cardiothoracic, Dallas, TX – 8/19 – 8/20

Lessons Learned Along My Journey. . .

Experience is not what happens to you, it is what you do with what happens to you. – Aldous Huxley

Surround yourself with people and ideas you respect – Abraham Lincoln

Never try to be better than somebody else, but never cease trying to be the best you can be – John Wooden's father

A win/lose solution rather than a win/win is rarely successful – Thomas Jefferson

Hospitals under the best of conditions are dangerous places. Be careful.

I have learned that our patients want to know if we care, long before they care if we know.

“They may forget what you said, but they will never forget how you made them feel” – Carl Buechner

Excellence is a journey, not a destination.

Superior intellect should be used to build people up, not put them down.

Always celebrate wins.

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

Perceptions are truths until proven otherwise.

If your heart and your head are talking to you differently, go with your heart.

It takes years to build up trust and seconds to destroy it.

The people you care about most in life can be taken away too soon. You should always leave loved ones with loving words, because it may be the last time you see them.

Proactivity is superior to reactivity.

Making your passions visible is key in energizing everyone around you.

One of the highest of human duties is the duty of encouragement.

When meeting with others, make sure you do not make them feel “you have more important things to do”.

A real friend walks with you when other people have moved on.

You should make sure any speech you give is coming from the heart.

Be your best self, even when others aren't.

The main ingredient of stardom is the rest of the team – John Wooden

Vision without execution is hallucination – Thomas A. Edison

The unexamined life isn't worth living – Socrates

The price of greatness is responsibility – Winston Churchill

Opportunity is missed by most people because it is dressed in overalls and looks like work – Thomas A. Edison

Lessons Learned Along My Journey. . .

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

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

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

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

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

Life is people, not stuff.

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

Make each day your masterpiece.

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

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

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.

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

The most important thing in communication is to hear what isn’t being said. - Peter Drucker



Best Wishes on your Journey,

Charles W. Witten my