

# Department of Anesthesiology and Pain Management

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Friday, June 25, 2021

UT Southwestern Medical Center  
Dallas, Texas  
Virtual

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# THE MARGARET MILAM McDERMOTT CHAIR OF ANESTHESIOLOGY SEAL

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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.

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# Commencement Program

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## Welcome

Charles W. Whitten, M.D. - Chairman

## 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 Anthony Quang Dao 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: Jeffrey Chen, M.D., Jessica Grundt, M.D., Syed Jaffery, M.D. & Mohammad-Ali Shaikh, M.D.



**Jaffer Odeh, M.D.**, is an Assistant Professor in the Critical Care Medicine Division in the Department of Anesthesiology and Pain Management 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 UT Southwestern, where he has taken an active role in resident education as former Chair and current member of the Clinical Competence Committee. He currently holds the role of Chief of Operations at Clements University Hospital General Anesthesiology. 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

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

Aditee Ambardekar, M.D., MEd & 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 2020-2021 resident they feel best met these goals and objectives.

## Dennis F. Landers, M.D., Ph.D. Teaching Award

Presented by: Laura Delin, M.D., Ashley Jones, M.D., David Pham, M.D. & David Preston, D.O.

*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 2020–2021 Dennis F. Landers, MD, PhD Teaching Award.*

## Faculty of the Year

Presented by: 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 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 2020-2021 Faculty of the Year Award.*



# 2020 – 2021 Anesthesiology Resident Graduates

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## Robert Samuel Ackerman, M.D.

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University of South Florida College of Medicine, Tampa, FL – 8/13 – 5/17  
UT Southwestern Medical Center, Dallas, TX – 7/17 – 6/21

*Sending a big thank you to all the friends, mentors, and colleagues I met at UT Southwestern and in Dallas. I have the utmost appreciation for all who have contributed to my training in Texas the last four years. I'm truly very lucky and fortunate to have such great memories and moments to remember now and in the future. My classmates are the best, couldn't have asked for a more selfless or amazing group of people to share the journey. Furthermore, sincere gratitude and love to my family for their endless support, always. All of my success is theirs as well. Though we're leaving UT Southwestern today, we're never gone. Thank you! - Roby*



## Matthew Bourneuf, M.D.

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UT Southwestern Medical Center, Dallas, TX – 8/13 – 5/17  
UT Southwestern Medical Center, Dallas, TX – 7/17 – 6/21



## Jeffrey S Chen, M.D.

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UT Southwestern Medical Center, Dallas, TX – 8/11 – 5/15  
University of Texas Health Science Center, Houston, TX – 7/15 – 6/17  
UT Southwestern Medical Center, Dallas, TX – 7/17 – 6/21

*I have always felt grateful for the chance to pursue medicine and serve the community. However, what I never foresaw while in college was the incredible cohort of co-residents and educators I would meet along the way. Thank you for giving me the honor of representing y'all as a chief resident. I sincerely believe I could not become the physician I am today without your camaraderie and teaching. I look forward to the pearls of wisdom (or perhaps more accurately, the memorable struggle bus journeys) that will continue to spring to mind for years to come. Shoutout to the anesthesia education team, the techs, and everyone else who helped make my life easier from behind the scenes. And, needless to say, thank you to Sophia, baby Joseph, and my parents for the endless support I receive every day. Adiós for now, my UT Southwestern family. I will miss you!*

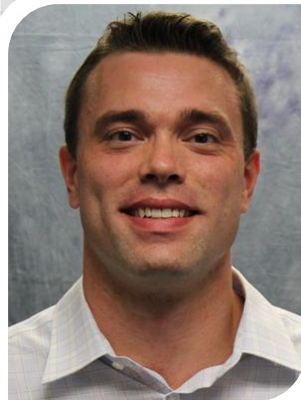
*Best wishes,  
Jeffrey*



## Samuel M. Cohen, M.D.

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University of Miami LM Miller School of Medicine, Miami, FL – 8/13 – 5/17  
UT Southwestern Medical Center, Dallas, TX – 7/17 – 6/21



## Landon Clay Coldiron, M.D.

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Brody School of Medicine at East Carolina University, Greenville, NC – 8/13 – 5/17  
UT Southwestern Medical Center, Dallas, TX – 7/17 – 6/21

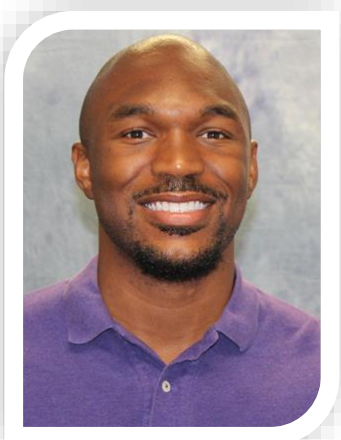
*I would like to thank the program and faculty at UTSW for making my residency experience possible. I truly appreciate all that you all have done for me. Cheers to my fellow classmates, and hopefully lifelong friends. I wish you all a life of success and happiness. To my family, thank you for always being in my corner supporting me through this wild journey and picking me up when times were tough. Last, but certainly not least, thank you Emily for being my better half and making the good times great and the bad times so much better. I love you, and I can't wait to see what the future has in store for us. We made it!*



## Jennifer Lynn Davis, M.D.

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UT Southwestern Medical Center, Dallas, TX – 8/13 – 5/17  
UT Southwestern Medical Center, Dallas, TX – 7/17 – 6/21



## TomMario Alando Davis, M.D.

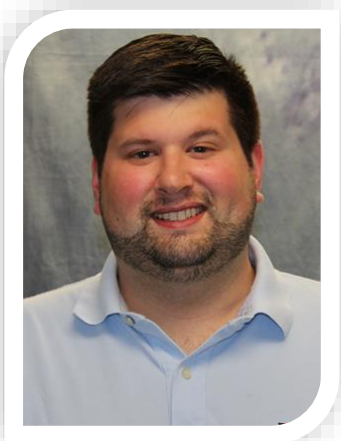
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Howard University College of Medicine, Washington, DC – 8/13 – 5/17

UT Southwestern Medical Center, Dallas, TX – 7/17 – 6/21

*Wow, 4 short but incredibly long years are coming to an end. In Academy Award fashion, I'd like to thank our educators, everyone from nurses, techs and attendings. While not always smooth, everyone played a role in my evolution and I'm truly indebted. I'm also thankful for my co residents, who kept me sane during the dark days. The jokes, vent sessions, and libations are forever engrained in my soul. I leave everyone with words of the late great Nipsey Hussle.*

*"First you over dedicate, then you notice that you great and you been the whole time, then it slap you in the face." After these four years and quite a few slaps, I know everyone will do well in the future. Love you all, peace 🙌 - T*



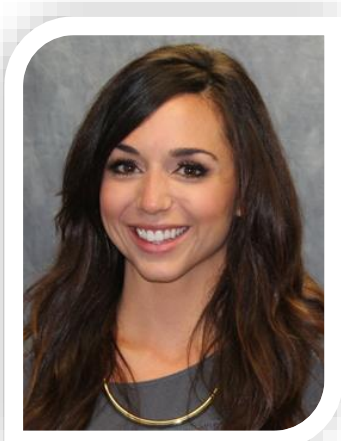
## David Gerard DePinto, D.O.

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Philadelphia College of Osteopathic Medicine, Suwanee, GA – 8/13 – 5/17

UT Southwestern Medical Center, Dallas, TX – 7/17 – 6/21

*I want to thank my family, friends, faculty, and fellow co-residents for a memorable residency experience. This past year has brought on many challenges, but through everyone's support we have all persevered and grown in many ways. I am appreciative of everything you all have done for me.*



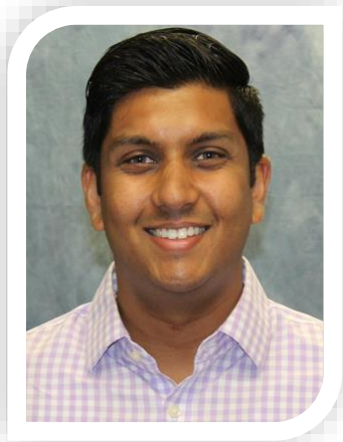
## Jessica E. Grundt, M.D.

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University of Texas Medical School at San Antonio, San Antonio, TX – 8/13 – 5/17

UT Southwestern Medical Center, Dallas, TX – 7/17 – 6/21





## Syed Sikender Jaffery, M.D.

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Brody School of Medicine at East Carolina University, Greenville, NC – 8/13 – 5/17  
UT Southwestern Medical Center, Dallas, TX – 7/17 – 6/21

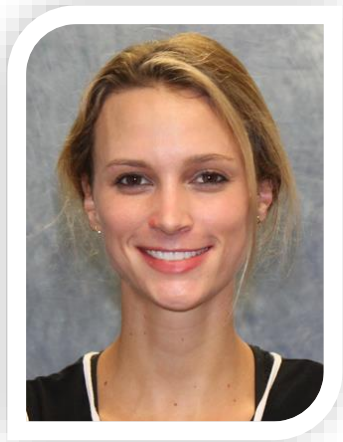
*To all the faculty and staff who made my education and residency experience possible, I appreciate everything you have done for me. To the acute and chronic pain faculty, thank you for your incredible support and guidance in helping me reach my fellowship goals. To Dr. Ambardekar, the APD's, the education team and my co-chiefs, it was a pleasure working alongside you all in an unprecedented academic year and recruitment season (We're a legit operation...department sanctioned!). To my fellow residents may you all excel in the next phase of your life and may we always remember the memories we shared while at UT Southwestern. Lastly and most importantly, I would like to thank my mom, family and friends for the constant encouragement and support throughout my training.*



## Grayson Jeffrey Koval, M.D.

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UT Southwestern Medical Center, Dallas, TX – 8/13 – 5/17  
UT Southwestern Medical Center, Dallas, TX – 7/17 – 6/21



## Linsey Nohrn, M.D.

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University of Texas Medical Branch School of Medicine, Galveston, TX – 8/13 – 5/17  
UT Southwestern Medical Center, Dallas, TX – 7/17 – 6/21



## John Andrew Rosener, M.D.

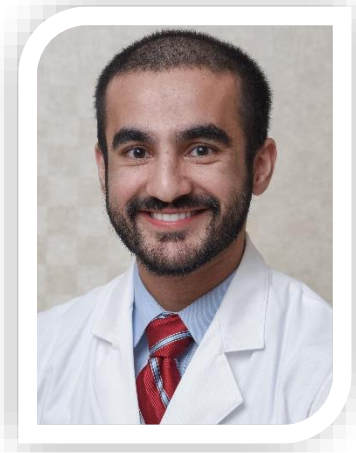
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University of Texas Medical Branch School of Medicine, Galveston, TX – 8/13 – 5/17  
UT Southwestern Medical Center, Dallas, TX – 7/17 – 6/21

*To the faculty and staff who have made my education and residency so positive, I am humbled by the exemplary experience you have provided.*

*To my fellow classmates who have given and devoted so much of themselves to their calling, may your path continue be filled with optimism and realization of your goals, as well as fond memories of our time together at UT Southwestern.*

*To my family (my Father, Greg; my Mother, Julie; my siblings; and my brother-in-law, Jeremy), I am grateful for the many years of encouragement and your dedication in helping me to achieve my goals. I promise to continue to be the best I can be. I love you all.*

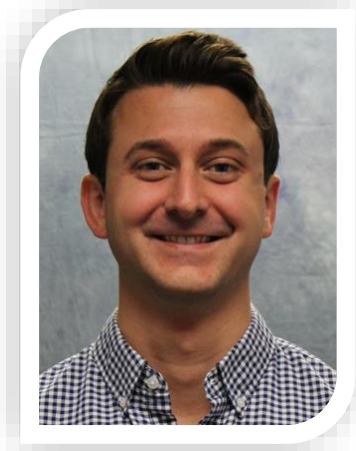


## Mohammad-Ali Shaikh, M.D.

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UT Southwestern Medical Center, Dallas, TX – 8/13 – 5/17  
UT Southwestern Medical Center, Dallas, TX – 7/17 – 6/18  
UT Southwestern Medical Center, Dallas, TX – 7/18 – 6/21

*I have had many challenges that I was able to overcome with the help of my anesthesia mentors and I am incredibly grateful for how you shaped my career in anesthesia and medicine. I could not be in the position I'm in without Your support. Thank you.*



## Joseph Thomas Sofia, M.D.

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University of Florida College of Medicine, Gainesville, FL – 8/13 – 5/17  
UT Southwestern Medical Center, Dallas, TX – 7/17 – 6/21

*Four years ago I would've never predicted the lessons on life, love, and humanity that would come from this experience. Thank you to the educators, mentors, friends who became family, and family who helped make sense of it all. Part of the journey is the end – thanks to everyone who made this the journey of a lifetime.*



## Jacob Arthur Tausiani, M.D.

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UT Southwestern Medical Center, Dallas, TX – 8/13 – 5/17

UT Southwestern Medical Center, Dallas, TX – 7/17 – 6/21



## Coby Khoi Tran, M.D.

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University of Texas Medical School at Houston, Houston, TX – 8/13 – 5/17

UT Southwestern Medical Center, Dallas, TX – 7/17 – 6/21



## Emily Rose Turner, D.O.

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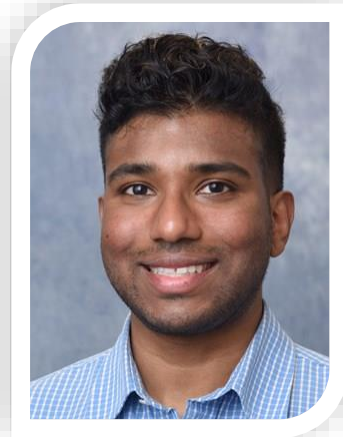
Oklahoma State University College of Osteopathic Medicine, Tulsa, OK – 8/13 – 5/17

UT Southwestern Medical Center, Dallas, TX – 7/17 – 6/21

*Thank you to all the faculty and staff that participated and contributed to my education as a resident. I thank you from the bottom of my heart and appreciate the time, dedication and commitment you took in building the next generation of Anesthesiologists.*

*To my fellow classmates and soon to be colleagues, I am going to miss you the most and I hope we keep in touch in the years to come. Good luck to all of you next year!*

*I would like to thank my sisters, parents, grandma, extended family and friends for their support in the process of becoming a physician. Cheers to a new chapter in life!*



## Ashutosh Udipi, M.D.

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Northeastern Ohio University College of Medicine, Rootstown, OH – 8/12 – 5/17  
Summa Health System, Akron, OH – 7/17 – 6/18  
UT Southwestern Medical Center, Dallas, TX – 7/18 – 6/21



## Alla Yarmosh, M.D.

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Oregon Health Sciences University School of Medicine, Portland, OR – 8/12 – 5/17  
Mount Sinai Health System, New York, NY – 7/17 – 6/18  
UT Southwestern Medical Center, Dallas, TX – 7/18 – 6/21

WE DID IT!





# RESIDENCY CLASS OF 2021

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**CONGRATULATIONS!**

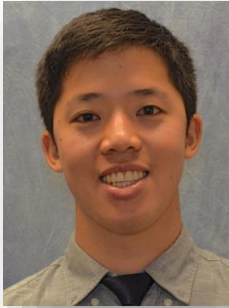


# 2020 – 2021 Anesthesiology Fellowship Graduates

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## Adult Cardiothoracic Fellows

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Douglas C. Huynh, M.D.

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University of Texas Medical School at Houston, Houston, TX – 8/12 – 5/16  
UT Southwestern Medical Center, Dallas, TX – 7/16 – 6/20  
UT Southwestern Medical Center – Adult Cardiothoracic, Dallas, TX – 8/20 – 7/21



Kyle Edward Meinhardt, M.D.

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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  
UT Southwestern Medical Center – Adult Cardiothoracic, Dallas, TX – 8/20 – 7/21

## Pain Medicine Fellows

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Lyndsey Morgan Bradley, M.D.

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UCLA Geffen School of Medicine, Los Angeles, CA – 8/12 – 5/16  
UCLA Anesthesiology and Perioperative Medicine, Los Angeles, CA – 7/16 – 6/20  
UT Southwestern Medical Center – Pain Medicine, Dallas, TX – 8/20 – 7/21



Ali Saleem Tareen, M.D.

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Texas A&M University System HSC College of Medicine, Bryan, TX – 8/12 – 5/16  
Baylor College of Medicine, Houston, TX – 7/16 – 6/20  
UT Southwestern Medical Center – Pain Medicine, Dallas, TX – 8/20 – 7/21



## Deryk L. Walsh, M.D.

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University of Texas Medical School at Houston, Houston, TX – 8/99 – 5/03  
University of North Carolina Hospitals, Chapel Hill, NC – 7/03 – 6/07  
UT Southwestern Medical Center – Pediatric, Dallas, TX – 7/07 – 6/08  
UT Southwestern Medical Center – Pain Medicine, Dallas, TX – 9/20 – 8/21

## Pediatric Fellows

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## George Agyekum Jr, M.D.

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UT Southwestern Medical Center, Dallas, TX – 8/12 – 5/16  
Oregon Health and Science University, Portland, OR – 7/16 – 6/20  
UT Southwestern Medical Center – Pediatric, Dallas, TX – 8/20 – 7/21



## Sarah H. Chehab, M.D.

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Texas A&M University System HSC College of Medicine, Bryan, TX – 8/12 – 5/16  
University of Texas Medical Branch, Galveston, TX – 7/16 – 6/20  
UT Southwestern Medical Center – Pediatric, Dallas, TX – 8/20 – 7/21



## Julie Mary Mani, M.D.

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University of Texas Medical School at Houston, Houston, TX – 8/07 – 5/12  
Drexel University College of Medicine, Philadelphia, PA – 7/12 – 6/13  
Drexel University College of Medicine, Philadelphia, PA – 7/13 – 6/16  
UT Southwestern Medical Center – Pediatric, Dallas, TX – 7/20 – 6/21



## Ingrid Moreno Duarte, M.D.

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Universidad de los Andes, Bogota, Columbia – 1/05 – 12/10  
Metro West Medical Center, Framingham, MA – 7/14 – 6/15  
Tufts Medical Center, Boston, MA – 7/15 – 6/18  
Duke University Medical Center, Durham, NC – 7/18 – 6/19  
Duke University Medical Center, Durham, NC – 7/19 – 6/20  
UT Southwestern Medical Center – Pediatric, Dallas, TX – 7/20 – 6/21

# Pediatric Cardiothoracic Fellow

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Lance S. Smith, M.D.

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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

UT Southwestern Medical Center – Pediatric Cardiothoracic, Dallas, TX – 9/20 – 9/21



**Congratulations**  
**Anesthesiology Fellowship Graduates**

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# Lessons Learned Along My Journey. . .

- ❖ “There is no education like adversity.” *Benjamin Disraeli*
- ❖ “A heart is not judged by how much you love but by much you are loved by others.” *Wizard of Oz*
- ❖ “Change is the law of life. And those who look only to the past or present are certain to miss the future.” *John F. Kennedy*
- ❖ “He who is not courageous enough to take risks will accomplish nothing in life.” *Muhammad Ali*
- ❖ 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*
- ❖ “You will never reach your destination if you stop and throw stones at every dog that barks.” *Winston S. Churchill*
- ❖ Criticism is easier to take when you realize that the only people who aren’t criticized are those who don’t take risks. *Donald Trump*
  - ❖ When what we are, is what we want to be, that’s happiness. *Malcolm Forbes*
  - ❖ Intelligence plus character – that is the goal of true education. *Martin Luther King, Jr.*
    - ❖ The future depends on what you do today. *Mahatma Gandhi*
    - ❖ “Grief is the price we pay for love.” *Queen Elizabeth II*
  - ❖ Not until we are lost do we begin to understand ourselves. *Henry David Thoreau*
  - ❖ “Management is doing things right; leadership is doing the right thing”. *Peter F. Drucker*
- ❖ Now or never! You must live in the present, launch yourself on every wave, find your eternity in each moment. *Henry David Thoreau*
- ❖ “I would rather believe in people and be disappointed some of the time than never believe and be disappointed all the time.” *John Wooden*
- ❖ It is not the strongest of the species that survives, nor the most intelligent that survives, it is the one that is most adaptable to change
  - ❖ 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*
    - ❖ Give thanks every day for having the opportunity to be a physician. *Charles W. Whitten*
- ❖ Tell your patients, when the situation presents itself, that it is a privilege to be their physician. *Jerry Kennett, MD (My parent’s cardiologist)*
  - ❖ If you tell the truth, you never have to remember what you said.
  - ❖ Never try to be better than somebody else, but never cease trying to be the best you can be. *John Wooden’s father*
  - ❖ Good leadership exudes from a combination of knowledge in the hand, experience in the gut and feelings in the heart.
    - ❖ When you are finished changing, you are finished.
    - ❖ 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.
- ❖ 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.

- ❖ Life is people, not stuff.
- ❖ The more glass half-full people you associate with, the more successful and happy you will be.
  - ❖ 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.
    - ❖ Make each day your masterpiece.
  - ❖ You should make sure any speech you give is coming from the heart.
    - ❖ Be your best self, even when others aren’t.
    - ❖ A man has got to know his limitations. *Dirty Harry*
- ❖ 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*
- ❖ Seek first to understand, then to be understood. *attributed to the Prayer of St. Francis of Assisi*
  - ❖ The main ingredient of stardom is the rest of the team. *John Wooden*
    - ❖ Feedback is the breakfast of champions. *Willis Tate*
  - ❖ It is what you learn after you know it all that counts. *John Wooden*
    - ❖ Vision without execution is hallucination. *Thomas Edison*
    - ❖ The unexamined life is not 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 Edison*
  - ❖ If you want to stay in one place, you have to run ahead. *Alice in Wonderland*
  - ❖ The great thing about dreams is that sometimes you get to live them out. *Payne Stewart*
- ❖ Everything that irritates us about others can lead us to an understanding of ourselves. *Carl Jung*
  - ❖ If I have seen further it is by standing on the shoulders of giants. *Isaac Newton*
- ❖ We must not be afraid of dreaming the seemingly impossible if we want the seemingly impossible to become a reality. *Vaclav Havel*
  - ❖ Listening, not imitation, may be the sincerest form of flattery. *Dr. Joyce Brothers*
  - ❖ Adopt the pace of nature: her secret is patience. *Ralph Waldo Emerson*
  - ❖ It is not necessary to change. Survival is not mandatory. *W. Edwards Deming*
  - ❖ “Other people go to an office. I get to coach. I know I’ve been blessed.” *Jim Valvano*
- ❖ “There are certain moments in life that change you.” “You can fight them or you can embrace them, but you’d be an idiot not to embrace them.” *Greg Norman*
- ❖ In a democracy, every citizen, regardless of his interest in politics, “hold office”; every one of us is in the position of responsibility; and, in the final analysis, the kind of government we get depends upon how we fulfill those responsibilities. We, the people, are the boss, and we will get the kind of political leadership, be it good or bad, that we demand and deserve. *John F. Kennedy (Profiles in Courage)*
- ❖ A man does what he must- in spite of personal consequences, in spite of obstacles and dangers and pressures- and that is the basis of all human morality. *John F. Kennedy (Profiles in Courage)*
- ❖ “Happiness cannot be pursued; it must ensue... A human being is not one in pursuit of happiness, but rather in search for a reason to become happy.” *Viktor Frankl*
  - ❖ “Success is liking yourself, liking what you do, and liking how you do it.” *Maya Angelou*



❖ “You will be loved the day when you will be able to show your weakness without the other person using it to assert his strength.”

*Cesare Pavese*

❖ “The single biggest problem in communication is the illusion that it has taken place.” *George Bernard Shaw*

❖ “When people talk listen completely. Most people never listen.” *Ernest Hemingway*

❖ “Communication works for those who work at it.” *John Powell*

❖ “The most important thing in communication is to hear what isn’t being said.” *Peter Drucker*

❖ “No one can whistle a symphony. It takes a whole orchestra to play it.” *H.E. Luccock*

“We are what we repeatedly do. Excellence, therefore, is not an act but a habit.”



Best Wishes on your Journey,

*Charles W. Witten my*