

THE GAS PIPELINE
ANESTHESIA MONTHLY GAZETTE
Department of Anesthesia, Stanford, CA 94305



Patricia I. Rohrs, Editor

June-July-August 2006



**“Summertime, and the livin’ is
easy.....”**

—George Gershwin

Chairman's Update	1
Deputy Chief's Column	3
Pubs, Talks, Conferences, Honors	6
Retirement of Dr. Sheila Cohen	7
Upcoming Events	7
Residents/ Attendings of the Month	8
How Refreshing!	9
Resident Graduation	10
Brunch for New Residents	11
Babies	12
Alumni News	12

CHAIRMAN'S UPDATE

The month of July emphasizes the rhythm of the July through June academic year. New residents and fellows begin in July, the holiday party occurs in December, and the fully trained residents and fellows graduate in June. I congratulate the outstanding group who graduated this June and warmly welcome an equally outstanding group into the Stanford Anesthesia family. For the long-term faculty at Stanford, it is easy to be lulled by this annual rhythm into thinking that very little changes over time.

However, two other cycles—faculty development and program development—demonstrate the marked progress for which our department is famous.

FACULTY DEVELOPMENT

In contrast to the brevity of the academic year cycle, the cycle of faculty development spans several decades.

Many come to Stanford fresh out of residency or fellowship. Over time, faculty members pass through the stages of instructor, assistant professor, associate professor, and full professor, eventually retiring from Stanford. In fact, during my seven years as chair, more than two-thirds of our faculty members have undergone one or more of these transitions.

We are fortunate to have the best anesthesia faculty in the world—people whose achievements are incredible.

Continued on page 2

CHAIRMAN'S UPDATE CONTINUED

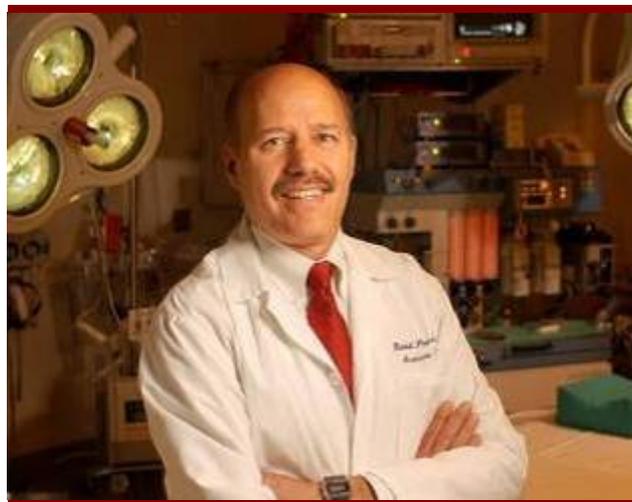
When I meet with each person every year, I am continually amazed by what is accomplished within one year and across the many years of an academic career. I give some representative highlights below— not a complete list of each faculty member's accomplishments.

Junior Faculty—Over the past seven years (since I became chair), we have recruited more than two dozen junior faculty members, some into the Medical Center Line and others into the Clinician/Educator Line. Those recruited into the Medical Center Line have successfully obtained career development and individual investigator awards from NIH and FAER. Included in this category are Tim Angelotti, Brendan Carvalho, Larry Chu, Alice Edler, Max Kanevsky, Sean Mackey, and Drew Patterson. They and others are now transitioning to Associate Professor, with peer-reviewed funding and realistic expectations of an outstanding academic career.

Those in the Clinician/Educator Line have greatly improved our clinical and education programs. Included in this category are Aileen Adriano, Melissa Berhow, Tara Cornaby, Natasha Funck, Louise Furukawa, Anita Honkanen, Ethan Jackson, Komal Kamra, Steve Lipman, and Sunita Sastry.

Associate Professors—A second faculty group has achieved the Associate Professor stage. Nationally recognized academic programs have been built by some in this group—Martin Angst, Ed Bertaccini, Juli Barr, Dave Clark, Dave Drover, Steve Fischer, Steve Howard, Harry Lemmens, Bruce MacIver, Audrey Shafer, and Pieter van der Starre. Excellent clinical, administrative, and educational contributions have been made

by others in this group—Bill Feaster, Pam Fish, Ray Gaeta, Lee Hanowell, Cliff Schmiesing, Vladimir Nekhendzy, and Lindsey Vokach-Brodsky.



Full Professors—A third faculty group has achieved the Full Professor stage. Although members of this group continue their individual, successful careers, they actively recruit and mentor the next generation of academic anesthesiologists. Included in this group are John Brock-Utne, Jay Brodsky, Sheila Cohen, Kevin Fish, Dave Gaba, Kent Garman, Eran Geller, Rona Giffard, Al Hackel, Greg Hammer, Rich Jaffe, Elliot Krane, Alex Macario, Dick Mazze, Fred Mihm, Christina Mora-Mangano, Chandra Ramamoorthy, Ed Riley, Mike Rosenthal, Larry Saidman, Frank Sarnquist, Steve Shafer, Jim Trudell, and Dave Yeomans.

This impressive list includes the following: one dean, one former chair, two presidents of the American Board of Anesthesiology, five presidents of subspecialty societies, editors of both major anesthesia journals and more than a dozen other journals, and six winners of distinguished service or lifetime achievement awards. Collectively, they have made more than 30 eponymous

Continued on page 3

CHAIRMAN'S UPDATE CONTINUED

presentations and authored over 1,400 peer-reviewed manuscripts and 1,000 review articles and book chapters. Not only have these outstanding professors defined our specialty and subspecialties, but they are also charting anesthesiology's course for the next half-century by selecting and mentoring the next two generations of leaders.

PROGRAM DEVELOPMENT

Whereas the faculty development is predictable, program development, dependent on outstanding faculty leadership, is varied. For example, the critical care program, founded and led by Mike Rosenthal for three decades, has been the leading US program since its inception. The obstetrical anesthesia program has sustained its national prominence through successive leaders (George Albright, Sheila Cohen, and Ed Riley). Still other programs, like pediatric anesthesia, began small and grew incrementally into the national spotlight under its successive leaders Al Hackel, Elliot Krane, Greg Hammer, Chandra Ramamoorthy, and now Anita Honkanen. Finally, some programs, such as medical acupuncture, led by Emily Ratner and Brenda Golianu, have just begun.

THE CYCLES ADD UP TO SUCCESS

Our department's overall success rests upon the success of its three cycles: residency/fellowship training, faculty development, and program development. Ultimately, we will continue to achieve success if each person within these cycles makes sure that Stanford is a better place for that person's having been here. Thank you for having contributed to Stanford's evolution over the past half-century into becoming and remaining a leader in anesthesia.

DEPUTY CHIEF'S COLUMN



Colleagues, have you ever wondered if you had a non-fiction medical book in your soul, and if you had the energy to bust out and write it? This month, I interviewed Stanford 2006 medical school graduate Shannon Moffett, who did precisely that. Shannon is the author of *The Three-Pound Enigma*, a book on the medical mysteries of the human brain, published in 2006 by Algonquin Books of Chapel Hill.

Publishers Weekly says: "Can the complexities of the human mind be located in a physical organ? Where do our memories and our selves go when the brain dies? In her first book, Stanford medical student Moffett ponders these and other perennial questions through a series of pedestrian profiles of scientists and philosophers, among others."

An interview with Shannon Moffett:

RN: Why did you write *The Three-Pound Enigma*?

SM: I became fascinated with the brain and the mind in my first-year neurobiology course. As I learned about

Continued on page 4

DEPUTY CHIEF'S COLUMN CONTINUED

action potentials and neurotransmitters, I couldn't stop wondering if it was possible that *me*—every thought, dream, desire and sensation I'd ever had—was reducible to the movements of molecules I was learning about. Both my parents are journalists and, despite the fact that I swore off of journalism when I was a teenager, once I began wondering about the mind/brain, it just felt natural to go talk to experts and write about those conversations.

RN: How did you get an agent and a publisher?

SM: I was extraordinarily lucky. After coming up with the idea for the book, I applied for a Stanford Arts and Humanities Medical Scholars Grant, which funded my time while I wrote the first two chapters. I sent those chapters to a writer-friend, and he sent them on to his agency. One of the literary agents there liked the idea and called me up. She talked me through the process of creating a book proposal, and she sold the book based on that proposal.

RN: The book includes a tremendous amount of information. How long did it take to write it?

SM: My own brain sometimes aches when I think of all the work that went into the book. I ended up extending my time in medical school significantly because of it. I started it the summer after my first year in medical school, which would have been the summer of 2000. It came out in January of 2006. You do the math.

RN: Did you consider a chapter on how anesthesia works on the brain?

SM: My advisor for the project, Rona Gifford, is an anesthesiologist, and I considered it early on, but eventually

discarded the idea. While this book is a great introduction to the current thinking on the mind/brain (if I do say so myself), it's more like a collage than a comprehensive review, and I included or excluded topics based on my whims and interests—which I think is what gives the book its flavor.

RN: The book discusses the use of functional MRI scanners to study brain activity. What would a functional MRI scanner show while an anesthesiologist is managing an eight-hour liver transplant?

SM: Funny you should ask that. I have a cousin who just became an anesthesiologist, and my mother was dismayed to learn from him that anesthesiologists sometimes read during operations. I didn't have much luck convincing her that much of the monitoring anesthesiologists do is auditory, as they listen for alarms, but perhaps an fMRI demonstrating activity in the auditory cortex would do the trick.

RN: You interviewed some important figures in American science. What was Francis Crick (one of the discoverers of DNA) like?

SM: When I met him, he was already quite sick (he died only a few months later). He kept saying that he wasn't going to answer many questions, and that his collaborator, Christof Koch, who was there, would be doing most of the talking. Yet of course, Crick wasn't able to stay quiet, especially if anyone said something he felt was imprecise—or just plain wrong. He was very exacting, but so full of excitement about the topic of the mind/brain and consciousness that—as long as you could keep up with his thought processes—any conversation with him was fun and eye-opening.

Continued on page 5

DEPUTY CHIEF'S COLUMN CONTINUED

RN: You took time off to write your book. Do you think it is possible for a full-time clinician, researcher, resident, or student to compose a sellable work?

SM: That depends—I think a book like the one I wrote would be extraordinarily difficult without at least some time off, as I spent often a week at a time shadowing and interviewing my subjects. But I think other kinds of nonfiction, and certainly fiction, can be done even by busy full-time doctors. The key is to give yourself small assignments. If you write a page a day, even if it's garbage, at the end of a year you'll have a book-length work. Then you can fine-tune it, a process I find much easier than the writing itself. The trick is not to be daunted. It's like running a marathon or riding out a long operations—just keep going, and you'll be done eventually.

RN: What words of advice do you have to physicians hoping to write a non-fiction medical book?

SM: One of the great things about non-fiction is that, unlike fiction, you can sell it before it's written. And there's nothing like a contract, an editor and a deadline to keep you plugging away. So I'd start by finding a project you're excited about; then write a couple of sample chapters and a proposal, and submit that to literary agents. I think the most important thing is to believe you can do it (or, like I was, to be too ignorant to realize how unlikely it is that you can).

RN: Dr. Rona Gifford was one of your advisors. What did our anesthesia colleague do to influence your career, and why couldn't she convince you to become an anesthesiologist?

SM: First of all, just agreeing to be my advisor was a good deed of massive proportions. Can you imagine agreeing to advise a medical student—who's never written anything—on writing a book? But she was great: supportive and understanding of my (near-constant) flakiness. In terms of anesthesia: I really considered it, and I love the people in the field. But I have too short an attention span, and I don't like to sit still for very long. So I think emergency medicine is a better place for me. I'm beginning my residency at Highland Hospital in Oakland in July.

RN: I know you just gave birth to twins—I saw them at your book-reading at Stanford in February. Now you're heading off to an internship and ER residency. Will you write a follow-up to *The Three-Pound Enigma* in your spare time?

SM: I guess after all that encouragement above, I can't exactly plead that I won't have time. I think for the next little while, though, I'm going to try my hand at shorter pieces—possibly a couple of magazine articles. I still feel like my brain is heavy with all the information I gathered for this book. Maybe when I get it slimmed back down to three pounds, I'll contemplate another book.

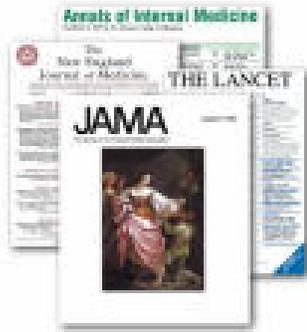
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EDITOR'S NOTE

New email address? Would you like to submit an article or news item for consideration? Contact rohrrs@stanford.edu

PUBS, TALKS, CONFERENCES, HONORS

ARTICLES



- ❖ Ruttman TG, Lemmens HJM, Malott KA Brock-Utne JG. **The haemodilution enhanced onset of coagulation as measured by the thrombelastogram is transient.** *European J. of Anaesthesiology* 2006. 23. 574–579.
- ❖ Macario A, Morris D, Morris S. **Initial clinical evaluation of a hand-held device for detecting retained surgical gauze sponges using RFID technology.** *Archives of Surgery* 141:659-662, 2006.
- ❖ Ruttman TG, Lemmens HJM, Malott KA Brock-Utne JG. **The haemodilution enhanced onset of coagulation as measured by the thrombelastogram is transient.** *European J. of Anaesthesiology* 2006. 23. 574–579.
- ❖ Ouyang YB, Xu LJ, Sun YJ, Giffard RG. **Overexpression of inducible heat shock protein 70 and its mutants in astrocytes is associated with maintenance of mitochondrial physiology during glucose deprivation stress.** *Cell Stress Chaperones*. 2006 Summer; 11(2):180-6.

- ❖ Chock VY, Amir G, Davis CR, Ramamoorthy C, Riemer RK, Ray D, Giffard RG, Reddy VM. **Antegrade cerebral perfusion reduces apoptotic neuronal injury in a neonatal piglet model of cardiopulmonary bypass.** *J Thorac Cardiovasc Surg*. 2006 Mar; 131(3):659-65.
- ❖ Yenari MA, Xu L, Tang XN, Qiao Y, Giffard RG. **Microglia potentiates damage to blood-brain barrier constituents: improvement by minocycline in vivo and in vitro.** *Stroke*. 2006 Apr; 37(4):1087-93. Epub 2006 Feb 23.

INVITED TALKS

- ❖ Andrew J. Patterson, MD, PhD spoke on **Vasoactive Therapy in Critically Ill Patients** at El Camino Hospital Grand Rounds on May 16, 2006 in Mountain View, California.
- ❖ Chris Egger Halbeis, MD, MBA spoke on **Demography of Anesthesiologists** in Western Europe on June 5, 2006 at the European Society of Anaesthesiology's (ESA) Euroanesthesia meeting in Madrid, Spain.
- ❖ Eran Geller, MD spoke on **Controversies in Perioperative Fluid Management** at the annual meeting of the Northern California Chapter of the American College of Surgeons in June in San Francisco, CA.

COURSES AND LESSONS

- ❖ Dr. Rona Giffard recently returned from England, having spent the Spring Quarter teaching two Human Biology courses at the Stanford in Oxford Overseas Studies Program. The courses were **From Spirit to Brain to Mind: Our Evolving Understanding of Neurology and Neuroscience and Medical Ethics through Literature, Film, and Theater**.
- ❖ Eran Geller, MD and Juli Barr, MD wrote a lesson entitled ICU Management for the 21st Century: **How to Improve the Quality of ICU Care While Reducing Costs** for *The Pulmonary and Critical Care Update* (PCCU) published by the American College of Chest Physicians. See: http://www.chestnet.org/education/online/pccu/vol20/lessons16_17/index.php

HONORS

Chandra Ramamoorthy has been promoted to Professor of Anesthesia. Congratulations!

POPULAR MEDIA CORNER

Alex Macario, MD was featured on the CNN website July 18, 2006 in an article about a study he led on testing sponges embedded with radio-frequency identification tags. The study, published in *Archives of Surgery* (see ARTICLES), has implications for determining whether a sponge or other foreign object has been inadvertently left inside of a patient's closed surgery site.

DR. SHEILA COHEN TO RETIRE

We honor Sheila Cohen upon her official retirement on September 8, 2006. During Dr. Cohen's long, distinguished career at Stanford, she built one of the premier obstetric anesthesia services in the world; conducted important, practice-changing research; served as president of the Society for Obstetric Anesthesia and Perinatology (SOAP); and taught hundreds of residents and fellows how to practice obstetric anesthesia.

To honor this outstanding career, we plan to establish The Sheila E. Cohen Lectureship in Obstetric Anesthesia. The first lecture will occur later this year; we will announce the specific date later.

We are soliciting your donations to fund this lectureship. If Dr. Cohen trained you, and you would like to express your appreciation, please send a donation to:

The Sheila E. Cohen Lectureship in
Obstetric Anesthesia
Department of Anesthesia
Stanford University School of Medicine
Stanford, CA 94305

UPCOMING EVENTS

- ❖ Oct. 15 Stanford Anesthesia Alumni Association Reception, Chicago, IL
 - ❖ Dec. 16 Annual Anesthesia Holiday Reception and Dinner at the Stanford Faculty Club
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CONGRATULATIONS, DR. KARIN KLIKA
RESIDENT-OF-THE-MONTH, MAY 2006



CONGRATULATIONS, DR. HEIDI WITHERELL
RESIDENT-OF-THE-MONTH, JUNE 2006



CONGRATULATIONS, DR. JEN MARKUS
RESIDENT-OF-THE-MONTH, JULY 2006



CONGRATULATIONS, DRs. ETHAN JACKSON
AND MELISSA BERHOW!
ATTENDINGS-OF-THE-MONTH, FOR MAY AND
JUNE 2006



Resident responses to Ethan Jackson:

"Ethan Jackson is all up in the biz-z-ouse."

"During a normal CABG, Ethan Jackson sat me down and described in vivid detail an Ebstein's anomaly patient's physiology. Little did I know that two days later I would have an Ebstein's patient, a rarity. I was able to handle the case because of what he had taught me two days earlier. Thank you, Ethan."

"Ethan makes even the most complicated cardiac cases seem simple."

"Nothing fazes Action Jackson. He made my first few days of peds a lot less stressful."

"He's the man."

Resident responses to Melissa Berhow:

"Dr. Berhow ensures that there is a formal teaching session every day. It may carry over from case to case. By the end of the day, you feel that you have a really good grasp on that day's topic."

"Melissa challenges me each time I work with her. I asked her to do an oral boards exam, and it felt just like doing a mock oral."

"Melissa is a sweetheart."

"Love the trekking stories."

HOW REFRESHING!

The Department conducted its 4th Annual Resident Refresher Course the weekend of June 3–4 in Munzer Auditorium, adjacent to the School. Stanford faculty and guest faculty from Harvard Medical School/Massachusetts General Hospital, University of Washington, University of South Alabama, Medical College of Georgia, and University of Cincinnati generously donated their time to make this course a huge success. They gave didactic lectures and moderated interactive question/answer sessions on topics ranging from Thoracic Anesthesia to Cardiovascular Physiology to Chronic Pain Management.

Refresher Course faculty included the following:

Stanford faculty:

- ❖ Ian Carroll, MD. Leader of Q/A on Chronic Pain Management.
- ❖ Jeremy Collins, MD. Leader of Q/A on Physiology of Pregnancy & Obstetrics Anesthesia.
- ❖ Sean Mackey, MD, PhD. Leader of Q/A on Acute and Chronic Pain Management & Regional Anesthesia
- ❖ Fred Mihm, MD. Leader of Q/A on Endocrinology.
- ❖ Andrew J. Patterson, MD, PhD Lecturer on Hemodynamic Monitoring.
- ❖ Ronald Pearl, MD, PhD. Chair

External faculty:

- ❖ Rae Allain, MD, Harvard Medical School, Massachusetts General Hospital. Leader of Q/A on ACLS and Resuscitation.

-
- ❖ Steve Deem, MD, University of Washington. Lecturer on Neurosurgical Emergencies. Leader of Q/A on Trauma and Critical Care Medicine.
 - ❖ C. Alvin Head, MD, Medical College of Georgia. Leader of Q/A on Respiratory Physiology & Airway Management.
 - ❖ Steve Lisco, MD, University of Cincinnati. Lecturer on Thoracic Anesthesia. Leader of Q/A on Blood Products, Transfusion & Fluid Therapy.
 - ❖ Dick Teplick, MD, University of South Alabama. Lecturer on Preoperative Assessment of Cardiopulmonary Status. Leader of Q/A on Cardiovascular Physiology.
 - ❖ Monica Vavilala, MD, University of Washington. Lecturer on Anesthesia for Pediatric Trauma. Leader of Q/A on Pediatric Anesthesia.

Once again, we successfully employed the *REPLY* audience-participation software to enhance the quality of question/answer sessions and to record the results of an informal competition as to which resident correctly answered the most questions during the two-day program. Senior resident Einar Ottestad narrowly defeated Vanessa Tang, claiming the title “Smartest Stanford Anesthesia Resident.” When we last checked, Einar, who indicated that an all-expense-paid week-long vacation in Maui would be an acceptable prize, is still awaiting his award from Dr. Pearl.

Kudos to the faculty and fellows who covered the weekend clinical services and to Bernadett Romo, whose organizational skills and persistence make the Refresher Course possible.

RESIDENT GRADUATION MARKED BY HILARITY

by Janine Roberts

Guests at the annual resident graduation dinner laughed themselves silly after dinner was served. Displaying their hidden thespian and video talents and mischievous sense of fun, the graduating class presented a video-taped skit "A Typical Day in the OR," in which they imitated Drs. Brodsky, Lemmens, Nekhendzy, and Jaffe in their daily interactions with the residents. Graduates also showed slides of residents and faculty at work and at play.

Held at the Sheraton Hotel on Saturday, June 10, the dinner was attended by all graduates, including many family members and significant others.

Following a delicious dinner, Dr. Pearl made several award presentations:

- ❖ Outstanding Resident of the Year: Dr. David Soran
- ❖ Medical Student Teaching Award: Dr. Chris Arkind and Dr. Cindy Weller
- ❖ Frank Sarnquist Award: Dr. Neetu Ahluwalia
- ❖ Staff Recognition Award: Alice Beltran and Betsy Musselman

Pearl and incoming chief residents, Drs. Chris Thu and Jen Markus, thanked outgoing chief residents, Drs. Anthony Stanzi and Scott Rudy, for their hard work this past year in what can be a demanding and thankless job. Both Stanzi and Rudy were tremendous chief residents whose efforts are greatly appreciated by the faculty and residents.

The dinner was also the occasion for tributes to Dr. John Brock-Utne, who is retiring from his work over the past five years as Associate Residency Program

Director. His efforts have had a major and lasting impact on the residents' education and experience at Stanford. Many paid tribute to Brock-Utne, especially the outgoing and incoming chief residents. Stanzi recalled that his first meeting with Brock-Utne influenced his decision to become a resident and stay for a fellowship. He stated that although Brock-Utne spoke heavily-accented English, his humor shone through, and Stanzi knew Stanford was where he wanted to be. Stanzi also recalled JBU sitting him down with a beer at his house, helping him figure out post-residency plans.

After dinner, Brock-Utne, wearing his "stand-up comedian" hat took charge of handing out the graduation certificates.

Pearl closed the evening with his tradition of giving the graduating class a name. He named them *The Togetherness Class* for their team spirit of working and playing together and enjoying each other's company. It was a very pleasant and fun evening of good food and much laughter.

We wish the 2006 graduates, listed below by name and next career step, the best in their future endeavors!

- ❖ Neetu Ahluwalia, Pain Fellow at Stanford University
- ❖ Inger Aliason, Pediatric Fellow at Oregon Health Sciences, Portland
- ❖ Amy Evers, OB Fellow at Stanford University
- ❖ Jim Janik, Pain Fellow at UC Davis
- ❖ Michael Kim, Private Practice in the Bay Area

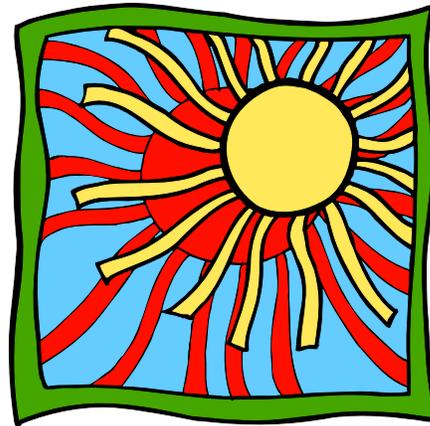
Continued on page 11

RESIDENT GRADUATION CONTINUED

- ❖ Karin Klika, Cardiac Fellow at Stanford University
 - ❖ Matt Kolz, Cardiac Fellow at Stanford University
 - ❖ Shannon Martin, Private Practice in Reno
 - ❖ Joel Mata, Pain Fellow at Stanford University
 - ❖ Shana McDaniel, Palliative Care Fellow at PAVAH
 - ❖ Lucy Povor, Private Practice at Kaiser Permanente, Santa Teresa
 - ❖ Scott Rudy, Private Practice at Palo Alto Medical Foundation
 - ❖ Jeannie Seybold, Pediatric Fellow at Stanford University
 - ❖ David Soran, Cardiac Fellow at Stanford University
 - ❖ Anthony Stanzi, Pediatric Fellow at Stanford University
 - ❖ Chris Stasny, Private Practice at Sequoia Hospital, Redwood City
 - ❖ Vanessa Tang, Private Practice at Kaiser Permanente, Redwood City
 - ❖ Cindy Weller, Private Practice at Sequoia Hospital, Redwood City
 - ❖ Heidi Witherell, Private Practice at California Pacific Medical Center, San Francisco
-

NEW RESIDENTS WELCOMED AT ELEGANT BRUNCH

On a perfect, California summer day next to the redwood-studded 18th hole, new residents, faculty, and staff gathered at the Palo Alto Hills Golf and Country Club to celebrate the beginning of the next phase in the new Stanford residents' careers. The event, planned by Renee Grys, began with drinks and mingling, followed by a delicious buffet brunch, set up in the glass-walled ballroom overlooking the greens and a waterfall.



Dr. Ron Pearl, Chair, and Dr. Alex Macario, the new Associate Director of the Residency Program, briefly welcomed new residents and then asked each for a self-introduction. The diverse group includes people from all over the US, the Philippines, and Hong Kong. Prior careers include auto mechanic, nurse, and massage therapist.

Look for and personally welcome these new people, listed by name and medical school:

- ❖ Dondee Almazan, UC Davis
- ❖ Richard Cano, Stanford University

Continued on page 12

WELCOME BRUNCH CONTINUED

- ❖ Ellen Choi, Tufts University
 - ❖ Benjamin Conrad, Chicago Medical School
 - ❖ Mark Gjolaj, University of Michigan
 - ❖ Alyssa Hamman, University of Colorado
 - ❖ Jerry Ingrande, Chicago Medical School
 - ❖ Chris Jack, University of Southern California
 - ❖ Marshall Jones, University of Utah
 - ❖ Nate Kelly, UCLA
 - ❖ Eddie Kim, University of Virginia
 - ❖ Gary Lau, Stanford University
 - ❖ Jennifer Lee, University of Texas, Southwestern
 - ❖ Allegra Lobell, University of Chicago
 - ❖ Julianne Mendoza, University of Pennsylvania
 - ❖ John Nguyen, Stanford University
 - ❖ Katie Polhemus, Drexel University
 - ❖ Jodi Sherman, SUNY Downstate
 - ❖ Jennifer Wagner, University of Arizona
 - ❖ Jerrin West, University of Pennsylvania
 - ❖ Karl Zheng, Columbia University
-

BABIES

Rick and Jennifer Novak announce the birth of their son, Oliver Richard Novak, at Packard Hospital on May 20th, 2006. Many thanks to Drs. Thomas Kyler and Jay Brodsky, who provided flawless anesthesia care for the C-section.



ALUMNI NEWS

I can't believe it's been over three years since I was a resident at Stanford. Time surely flies.

July 15–23, 2006 my younger brother and I raced in the 2006 TransAlp Challenge, touted as the world's toughest mountain bike race. Starting in Fussen, Germany and finishing at Lake Garda, Italy, we raced our bikes for eight consecutive days, covering 413 mostly off-road miles and climbing a combined elevation of 70,000 vertical feet. Against a very competitive field, we finished 212th of 525 teams.

Perhaps more importantly, we raised nearly \$4000 in charity donations from

Continued on page 13

ALUMNI NEWS CONTINUED

our generous sponsors, who included Stanford's Martin Angst, Harry Lemmens, Kelly Yeh, Steve Lipman, and Cathy Brummel. Knowing our sponsors were behind our charities and following our progress, made us feel part of a larger team than just the two of us, and it strengthened our commitment to ride every mile, summit every peak, and ultimately reach the finish line.

While preparing for the TransAlp, I often asked myself, "How the hell am I going to be able to ride such distances for 8 days straight?" It daunted me, and although I wasn't sure how I could ultimately finish, I knew that others before me had somehow managed. Once I had actually finished a few TransAlp stages, a strange thing occurred: in spite of the difficulty of each day's ride, once the ride was behind me, it seemed a distant memory. I struggled to recall any details about the prior stages, and sometimes, I had trouble remembering the morning hours of the same day!

I came to think of each individual day as a single event, each hill, a single objective to complete, independent of anything preceding it, or yet to come. Each day consisted of discrete steps, and the next thing I knew, it was over. In this way, it was very similar to residency!

For more details of the race, read our blog: <http://staneccharitychallenge.com/>

Best wishes to all my friends at Stanford, and thanks for the great memories!

John Stanec, johnstanec@gmail.com
Medical Anesthesia Consultants
John Muir Health
Walnut Creek, CA



***"One of these mornings
You're going to rise up singing
Then you'll spread your wings
And you'll take to the sky...."***

—George Gershwin
