

CLASS NOTES

1953

Daniel J. Mason, of Coral Springs, FL, writes "I am still idling along at age 98 alongside Lauris at 94. We've been married 73 years and are enjoying Florida."

1954

David J. Turell, of Hempstead, TX, is planning a cruise to Norway to see the Northern Lights.

1955 Reunion

September 19•20, 2025

1958

Richard Schoenfeld, of Bethesda, MD, is enjoying retirement with his wife, children, grandchildren, and great grandchildren. "I am truly blessed."

Howard L. Weinberger, of DeWitt, NY, shares a family photo in Westchester, NY,

where he celebrated his 68th anniversary and his upcoming 90th birthday. "In attendance are my wife, Anita, our three children and their spouses, as well as nine of our 10 grandchildren and seven of our nine great-grandchildren."

1959

Thomas J. Berrigan, Jr., of Hilton Head, SC, retired from radiology in 2023.

1960 Reunion

September 19•20, 2025

Julian M. Aroesty, of Scituate, MA, arranged for five classmates to attend a Zoom meeting, including **Sam Thier**, **Allen Unger**, **Lewis Wexler** and **Phil Wolf**. "It was great being able to see and talk to each other although not equal to being together in person," he writes. "All have had interesting, productive careers. Unger continues to see patients and I continue

to review malpractice cases and second opinion consultations over the web for Teladoc International."

Jerome Glazer, of Boca Raton, FL, turned 91. "I have a wonderful wife and a very good life. She is a retired principal. My two sons are excellent physicians and highly respected by their peers. My daughter is a teacher of handicapped children and adults. She is very well liked, and she is also an attorney of law and has worked for the attorney general. My grandchildren have done very well. My oldest granddaughter is finishing her first year of medical school, another recently graduated from Duke University, another is going to Northwestern next year, another to Columbia, and another granddaughter is a straight A student and an excellent singer. My grandson recently won the Principal's Award at his school. I hope all is well with everyone. Best regards."

1962

Steven N. Berney, of Lafayette Hill, PA, is emeritus professor of medicine, master of the American College of Rheumatology, and retired chief of the section of rheumatology at Temple University School of Medicine. He will celebrate his 90th birthday this year and signed another year contract to continue seeing patients and precepting fellows in the rheumatology clinic. He and his wife, Hollis, recently moved into

a continuing care retirement community in the Philadelphia suburbs, prolonging his commute.

However, he says, as long as he has cognitive function, energy, enjoyment, and the institution still values him, he will continue to work. Several of his children and grandchildren live nearby, adding to a full life.

1963

Michael A. Kirsch, of Encino, CA, writes "I'm a widower for the past two years. Some of you may remember my lovely wife, Barbara. However good news this past year with the addition of two great grandchildren: a girl named for her and a boy. Time moves on. Hope all is well with those of us who have gotten this far."

Malcolm E. Levine, of Palm Beach Gardens, FL, shares, "Margie and I are celebrating a fourth grandchild's wedding, Maddie Cohen, on August 31. We continue to enjoy Florida except for the summer months when we travel to the Hamptons on Long Island, where our two daughters and spouses and six grandchildren and spouses visit most weekends."

Carl Salzman, of Cambridge, MA, was quoted in a *New York Times* article on benzodiazepines in the Well Section on May 22, 2025.

1965 Reunion

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Howard L. Weinberger '58 and family



Tackling the Opioid Crisis

Medical inventor Robert A. Levine, MD '66, believes he's found a solution to one of medicine's biggest problems. He's looking to Big Pharma for support.

At 83, Robert A. Levine, MD '66, embodies the spirit of innovation that has defined his remarkable five-decade career in medicine and diagnostics. His journey—from an overwhelmed 19-year-old who nearly quit medical school to a distinguished physician-scientist whose inventions have been used over 100-million times worldwide—reflects compassion, scientific brilliance, and resilience.

For four decades, Levine has focused on developing point-of-care diagnostic technology, most notably the QBC (Quantitative Buffy Coat) test for Complete Blood Counts and malaria diagnosis, that has found applications far beyond traditional medical settings—from cruise ships, Navy submarines, and military field stations to remote African villages and even a potential Mars missions.

The technology was sparked by his own Connecticut internal medicine practice near Yale, where he served as a professor of laboratory medicine.



Robert A. Levine, MD '66

Levine recognized that rapid, accurate diagnostics could be transformative in resource-limited settings where traditional laboratory infrastructure was unavailable as well as in traditional settings, where receiving immediate results at the point of care could expedite diagnosis and treatment.

Other inventions include tests for colon cancer, for the diagnosis of malaria and other hematoparasitic diseases, detection of circulating cancer cells, and expert systems for the interpretation of hematologic, thyroid, and allergy testing. With nearly 250 patents for medical diagnostic devices that have generated more than \$1 billion in sales, it's not surprising that Levine and his partner, Stephen C. Wardlaw, MD, were once referred to as the "Thomas Edisons of Medicine" by *Medical Economics* magazine. Levine was honored as Distinguished Alumnus by the Upstate Medical Alumni Foundation in 2016 for his contributions to the field.

But his career has not been without setbacks. Nine years ago, after years of development, his pharmaceutical partner canceled a major hematology analyzer project just before FDA approval, despite the technology's successful completion of European market studies. He later learned the termination was the result of corporate politics rather than the project itself.

Undeterred, Levine turned his attention to tackling one of medicine's most pressing challenges: the opioid epidemic. Working with his son Joshua, an herbalist, he developed a patented approach that combines traditional opioids with sensory cues and gradually decreasing doses to harness the placebo effect while reducing addiction potential.

The method involves adding safe, sensory-active compounds like capsaicin or mint to pills, creating physical sensations that trigger the body's natural endorphin release. Over a 20-day course, the opioid content decreases while the placebo effect is reinforced, potentially offering a path away from addiction.

Despite enthusiasm for the methodology, pharmaceutical companies have been reluctant to partner. "We're in the business of selling drugs," one executive bluntly told him.

"I am still seeking a pharmaceutical company willing to fund a clinical trial," he says.

Levine's professional achievements are matched by personal resilience. After losing his wife Elana to lung cancer in 2019, he found love again at age 78, meeting his current partner, Liping, on a train to New York. Their relationship has taken him to China to meet her family, where her father learned a few English phrases specifically to thank Levine for caring for his daughter, who was also widowed.

Now living with Liping in Portsmouth, New Hampshire, Levine is retired from active practice but continues his work on medical innovations. He's recently filed new patents on his diagnostic technology, and once complete, expects to finalize a renewed corporate partnership.

Levine says he's not driven by personal gain, but a fundamental commitment to improving medical care. "I strongly believe that both innovations are important for the world and have potential for tremendous impact," he says.

—Renée Gearhart Levy

A. Michael Kaplan '66, of Delray Beach, FL, writes “I’m not sure if this is really the golden years, but I certainly enjoy Lenox, MA, in the summers and fall and winters in Delray Beach. Our marriage is coming up on 59 years.”

1966

Barry H. Dolich, of Beaverton, OR, retired after 37 years in private practice of plastic and reconstructive surgery in Manhattan, Bronx, and Long Island, and as associate professor of surgery and reconstructive surgery at the Albert Einstein College of Medicine and Montefiore Hospital. He also retired as lieutenant commander of the U.S. Navy Medical Corps. “I am now living in Portland, OR, with my wife of 62 years, and doing stand-up comedy at local clubs. Bucket list completed!”

1967

Roger A. Breslow, of New Harford, NY, will serve as president of the Rotary Club of Utica for a year starting July 1.

Bruce D. Edison, of Houston, TX, met Joan and **Marty Cohen** for lunch in Florida and got updates on classmates. “Looking forward to our 60th!”

1969

Joann T. Dale, of New York, NY, writes, “At 81, I am pretty old to be living in a nine-room house. I finally decided to investigate a senior community not far away. It is large with many activities and amenities on the grounds. I signed up in November and learned that my apartment will be available in August. I am delighted to be moving because we had a terrible, frigid winter with icy streets and paths. My mailbox is five houses away, so I worried about slipping whenever I went to retrieve my mail. My next mailbox will be inside the building. I also had an infestation of creatures. Black squirrels were running a hotel in my attic! When one somehow made it to the living room and was running around the top of the wall and jumping from one place to another, I was petrified and trembling. Exterminators solved the problem, but I would not want to go through that again. I hope my classmates have a lovely summer.”

Kenneth M. Grundfast, of West Roxbury, MA, shares that his beautiful, angelic wife, Ruthanne, was diagnosed more than 10 years ago with early-onset Alzheimer Disease. “This means that I have needed the assistance of various levels of caregivers for a long time to help Ruthanne, first within our home, then in an assisted living memory care unit, and now at a residential skilled nursing facility,” he writes. “In the panoply of caregivers, certified nursing assistants (CNA’s) might be those people who have the least prestigious credentials and who work for relatively low pay. They are often people who are new to this country and may not speak English well. Nonetheless, I have come to know a lot of CNAs and, for the most part, they are compassionate people who work hard and accept a lot of the responsibility for assisting with the care of our loved ones. CNA Appreciation Week for 2026 will be June 11-17. Maybe us old folks who graduated from medical school so long ago can keep the date in mind and do what we can to recognize and pay homage to people who do so much for

patients yet who sometimes do not get the recognition and pay that they so richly deserve.”

John T. McCarthy, of Rensselaer, NY, says the highlight of his past year was a move to a more compact home. “We are across the street from **Jane’s** son Andy, his wife Karen, and five-year-old daughter, Sadie, who we often spoil and who loves our ice cream.”

Mark C. Rogers, of Miami, FL, has enjoyed an an exciting year, professionally and personally. “My eponymous *Rogers’ Textbook of Pediatric Intensive Care* came out in its sixth edition and my biotech company received NIH funding for a phase II trial in glioblastoma,” he writes. “My wife, Elizabeth, and I continue to travel and visited Egypt, Thailand, Cambodia, Australia, and Japan in a round-the-world tour. More planned. I don’t know how long this can go on, but we keep trying to stay active.”

1970 ReUnion
September 19•20, 2025

1971

Lester D. Miller, of Aptos, CA, continues teaching rheumatology fellows at University of California-San Francisco. In addition, he joined the Arthritis Research Coalition (ARC), a charitable foundation located on the Monterey Peninsula. The ARC has helped fund cutting edge rheumatology research projects at Stanford and UCSF.

1973

Raymond L. Bell, of Mobile, AL, received the Dr. James Alexander Franklin Award, at the 50th Anniversary Founders Day Gala, at Franklin Primary Health Center Inc. on January 31. He is a board-certified gastroenterologist and fellow of both the American College of Gastroenterology and the American College of Physicians. For nearly 50 years, he cared for thousands of patients, improving healthcare access and outcomes and is known for his compassionate bedside manner and dedication to underserved communities. His clinic, the Mobile Medical and Diagnostic Center, was a trusted healthcare hub.



Raymond L. Bell '73

1974

James H. Brodsky, of Potomac, MD, enjoyed seeing old friends at his 50th reunion and recently celebrated his 50th anniversary with his wife, Mindy. "Cheers to 50!" he writes.

1975 Reunion

September 19-20, 2025

Craig J. Byrum, of Manlius, NY, is blessed with good health, and continues working in pediatric cardiology three days a week, concentrating on chronic adults with congenital heart disease and Pacemaker/ICD patients. "My wife, Kathy (coming up on 47 years married!!), is well and busy on many fronts and our two boys have good jobs and varied interests. My free time is spent skiing in the winter and sculling in the warm weather," he writes.



Craig J. Byrum '75

Robert M. Goldberg, of Somers Point, NJ, hopes to see all at the 50th Reunion.

Paul M. Grossberg, of Madison, WI, who completed his residency at the University of Wisconsin Department of Pediatrics in



Paul M. Grossberg '75

1978 and is professor emeritus at the UW School of Medicine and Public Health, received the Wisconsin Medical Alumni Association's Distinguished Resident Citation Award in May, recognizing excellence in the practice of medicine, academic activities, and research. "I am looking forward to the 50th Class Reunion in September."

Charles I. Hecht, of Phoenix, AZ, and his wife attended the annual **Bob Green** memorial game on Memorial Day with Bob's widow Joan, children and grandchildren. "The game was in honor of Bob, a wonderful physician, family man, and lover of baseball."



Charles I. Hecht '75, with wife Harriet, Joan Green, and family members at the Bob Green memorial game.

1977

Thomas J. LaClair, of Syracuse, NY, retired from his family practice in 2020 after 40 years of full spectrum family medicine. "I continue as the family medicine clerkship director at Upstate," he writes. "Four of our six children and all 12 of our grandchildren live in Syracuse. Jane and I do grandma and grandpa duty two days a week."

1976

Barry C. Altura, of Piney Flats, TN, writes, "Hopefully we get wiser and more empathetic with age."

CLASS NOTES

1978

James A. Shaw, of Cabin John, MD, shares that his latest book, *Historical Diseases from a Modern Perspective: The American Experience*, is now available in a German translation (Springer Nature publisher/available everywhere). "Check it out in English or German. Interesting medical history, particularly in light of the current RFK, Jr. nightmare," he writes.

1980 Reunion

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John Machata, of North Kingstown, RI, retired in April after a delightful career as a solo family doctor in a micro practice: no nurse, no secretary and no biller. "I loved it. I've been married for 27 years to Candie; my daughter Anna is 25 and designs video games; my son Nate lives in Boston; and we live next to Narragansett Bay. I ride bikes, garden, read and make postcards when not volunteering at the local animal shelter," he writes.

William L. Sternheim, of Boca Raton, FL, retired after 38 years in hematology/oncology practice in Palm Beach County, FL. After celebrating with his family, including his two grandsons, he has spent the year pursuing his hobbies of photography, saltwater aquariums, and extensive travel. Along with his wife, **Lori Jalens (Sternheim) '81**, they have traveled recently to Antarctica, Costa Rica, and Norway, to



William L. Sternheim '80 with his grandsons

try to see the Northern Lights. "We can't wait for our June trip to the Arctic Circle on a climate change expedition to photograph polar bears and dwindling glaciers, along with world renowned oceanographers and climate scientists," he writes. "Lori continues her practice of radiology and says hi to the class of '81."

1981

Stephen A. Spaulding, and his wife, Terry, now live in Scarborough, ME, enjoying grandchildren and all the beauty Maine has to offer."

1982

Alan J. Goodman, of New York, NY, writes, "It's always good to leave the wintery Northeast to meet up in Aruba with **Catherine Vernon '87**."



Catherine Vernon '87 and Alan J. Goodman '82

1986

Shelley R. Berson, of Nyack, NY, writes, "Medicare age already?! Still enjoying part-time ENT work at the VA and making time for music, cycling, and visiting friends **Beth Prezio** and **Lee Shangold**."

John J. Grosso, of Melville, NY, shares that his daughter Christine completed her fellowship in pediatric psychiatry at University of North Carolina and will begin working for Northwell Health on Long Island in August. Son Brian was accepted to a pediatric residency at Nassau University Medical Center on Long Island and started in July.

1985 Reunion

September 19-20, 2025

Ralph S. Mosca, of New York, NY, along with **Bob Baltera** and **Mark Iannettoni**, had a mini reunion at Ralph's son, Mike Mosca, MD's wedding to Brenda Aydin on January 19, 2025.



Mark '85 and Anne Iannettoni, Robert '85 and Margo Baltera, and Ralph '85 and Lori '84 Mosca



John Machata '80

CHARLES J. RYAN III, MD '82

Second Chances

An accident led surgeon Charles J. Ryan III, MD '82, to focus on fatherhood and community service.

Charles J. Ryan III, MD '82, doesn't recall a time growing up that he didn't plan on becoming a surgeon. His father, Charles B. Ryan, MD '46, was one of the first board-certified general surgeons in Auburn, New York, and he wanted to emulate the important role his dad played in the community. "At the time, there were no ER physicians or orthopedic specialists, so anytime someone came to the hospital with a laceration or a broken bone, my dad had to go in," he recalls.

Like his father, Dr. Ryan came to Upstate for his medical education. Surgeon Patricia Numann, MD '65, served as his advisor, helping guide his surgical path. It was during Ryan's general surgery training at what is now Drexel University College of Medicine that he became interested in vascular surgery, which focuses on blood vessels outside the heart. At the time, there were few accredited specialty programs in the field. "There may have only been 60 to 70 vascular surgery spots in the country," says Ryan, who completed a two-year fellowship program at Henry Ford Hospital in Detroit.

After completing his fellowship, Ryan returned to Auburn to join his father—by then 67—and cousin in practice. Upon his arrival, his father retired.

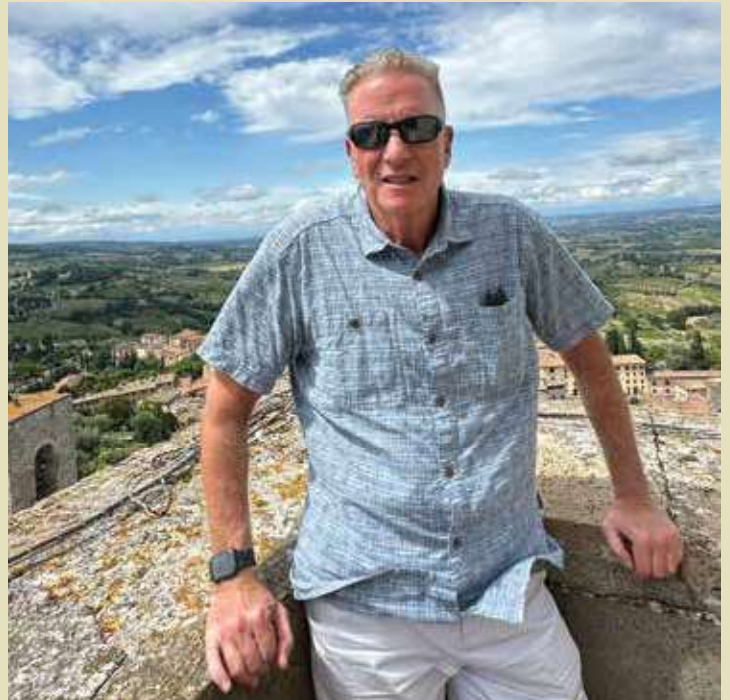
"I was crazy busy," Ryan says of his practice taking off.

Then his life took an unexpected turn. Ryan remembers the day vividly. It was a Sunday. He had conducted hospital rounds at 5:30 a.m. before heading to the golf course. When his game was rained out after 16 holes, he took his three young daughters out for a pancake breakfast and to shop for new bicycles. On their way out of a sporting goods store, a portable basketball backboard came down on his head, fracturing two cervical vertebrae and herniating a cervical disc.

The freak accident caused permanent neurological deficits to his left upper extremity, leaving the left-handed surgeon unable to perform surgery at only 40 years old. "It was very frightening," he says.

Fortuitously, Ryan had recently increased his disability insurance coverage. "That's the biggest piece of advice I offer young physicians; you always have to plan for the unexpected."

Out of practice, Ryan forged a new path. He volunteered at the vascular clinic at the Syracuse VA Hospital; helped establish a simulation lab for laparoscopic surgery at Upstate; served briefly as director of surgical education; and taught medical students and residents. He also became an active community volunteer, serving as president of the boards of the Auburn chapter of the American Red Cross and the Cayuga County Medical Society.



In 2001, he joined the Upstate Medical Alumni Foundation Board, something he'd done in the early 1990's but had to pause due to his busy surgical schedule. He's been on the board nearly 25 years, serving as president from 2008-2010.

"The board's focus is to support Upstate medical students, which I've always felt is a tremendous mission," says Ryan. "With the increasing cost of a medical education, providing scholarship support is more important than ever. I'm happy to be part of that effort."

Now retired for many years, Ryan owns and manages a 500-acre working farm in Fleming, New York, where he hunts and leases land for farming. "I'm basically a country boy at heart," he says.

Despite the professional detour, Ryan harbors no regrets. "The bright side was that I got to spend time with my daughters and support them growing up in a way I never would have been able to do if I was a practicing surgeon," he says. "I've been fortunate in many ways."

—Renée Gearhart Levy

If you are interested in learning more about the Medical Alumni Foundation Board, please contact Paul Norcross, executive director, at norcros@upstate.edu.

CLASS NOTES



Ronald S. Gilberg '87, son Caleb Gilberg '25, wife Sharon and daughter Shayna

1987

Ronald S. Gilberg, of Tarpon Springs, FL, writes, "Thirty-eight years after I graduated from Upstate Medical University, I attended my son **Caleb's** graduation from the same medical school as a member of the class of 2025. It was an amazing moment and honor to place the hood over his head on stage in front of our family signifying his transition to becoming a physician. Caleb was accepted into the radiology residency at Rutgers University in New Jersey. We both are very thankful to Upstate Medical University for providing us with a wonderful medical school education."

1989

Ronald C. Samuels, of Eastchester, NY, shares, "These days, all my news is about my family. My son, Brian, graduated from UMass Amherst and the same day, my wife, Laurie, became president of the Pediatric Endocrine Society. A couple months ago, my daughter Julie started her

clinical rotations at Einstein Medical School and still plans on taking after her parents and becoming a pediatrician. Finally, my eldest daughter, Rachel, was chosen earlier this year to be a clerk for a federal district judge in Boston. Pretty exciting year and it's only May."

1990 Reunion

September 19-20, 2025

1991

Mark Charlamb, of Skaneateles, NY, is happy to celebrate another Upstate medical graduation. "My son **Jacob** graduated class of 2025 and will pursue an internal medicine residency in Syracuse. It was an honor to be able to hood him on stage. This is the fifth Charlamb, MD at Upstate. Where does the time go?"



Mark Charlamb '91 and son Jacob Charlamb '25

1993

Raymond R. Holt, of Myrtle Beach, SC, writes, "We had the thrill of having our middle child, Coral, graduate from the University of South Carolina School of Medicine. She will begin internal medicine resi-

dency at the Mayo Clinic in Jacksonville, FL. She has been an exceptional student scoring in the 98th percentile on the MCAT and was elected to Alpha Omega Alpha. When Coral asked what I scored on my MCAT, I had a sudden lapse of memory."



Daughter Coral and Raymond R. Holt '93

1995 Reunion

September 19-20, 2025

2000 Reunion

September 19-20, 2025

Robert L. Smith, of Bluffton, SC, joined Palmetto Medical Group of Beaufort Memorial Hospital in 2022. He continues to work in family medicine and urgent care and has enjoyed the success of being a co-founder of Updox, a leading telemedicine and CRM platform for numerous electronic medical record platforms. His practice was the first to develop and use Updox in its daily workflow practices.

2005 Reunion

September 19-20, 2025

2006

Joanne Andrades, of New York, NY, is director of obstetric simulation at Harlem Hospital.

Jason L. Freedman, of Philadelphia, PA, and his husband Neil welcomed baby girl Ezra Mali into the world on January 7, 2025. Ezra means helper in Hebrew and Mali means gardener in Gujarati, tranquility in Hawaiian, and symbolizes abundance and completeness. "And with Ezra's arrival, I note our family is just that—complete. Ezra is already winning the hearts of us, her dads, and big brother Eli with her smiles and love."



Eli and Ezra Mali, children of Neil and Jason L. Freedman '06

2007

David Spirer, of Buffalo Grove, IL, writes, "Since 2017, I've worked in telera-diology to stay close to my son, Aaron, who's now nine. After a complicated domestic legal matter and full acquittal in 2024, I spent the past year rebuilding. I've now joined Northwestern Medicine, returning to the hospital system where I originally trained in neuro-

radiology. The journey back wasn't linear, but as the saying goes: 'The crack is where the light gets in.'"



Son Aaron and David Spirer '07

2009

Dodji V. Modjinou, of Henderson, NV, shares, "My wife, Leticia, and I are thrilled to announce the birth of our third child, a son, Edem Aldéric Modjinou, who joined us one week earlier than expected on January 4. I actually delivered him, unplanned, at the house before we headed to the hospital (shoutout to **Gene Bailey '89** who first introduced me to a live child-birth when I was doing an elective with him, as a first-year medical student, 20 years ago!). Edem weighed 7lbs 2oz and was 20.5 inches long at birth."



Edem Aldéric Modjinou, son of Dodji V. Modjinou '09

2010 Reunion

September 19-20, 2025

2013

Edward Grove, of Myrtle Beach, SC, was appointed by the governor to serve on the South Carolina State Board of Medical Examiners, 7th congressional district seat for a four-year term.

Nikolai V. Kolotiniuk, of Fresno, CA, writes, "From Cali with love!"

2015 Reunion

September 19-20, 2025

Sean P. Haley, of Mount Pleasant, SC, was appointed the chair of the Department of Family Medicine at Medical University of South Carolina College of Medicine, beginning July 1, 2025.



Sean P. Haley '15

2016

Leesha A. Helm, was promoted to associate professor of family and community medicine at Penn State. She also serves as the community health medical



Matthew '16 and Leesha Helm '16, and their children, Maya, Micah, and Luke

director for Penn State. She lives with her husband, **Matt** and kids Luke, eight, Micah, four and Maya, two, in Hershey, Pennsylvania.

Residents

John R. Iacovino, HS '69, of Wallace, NC, shares his publications: Non-Physiologic Doses of Androgenic Anabolic Steroids: Mortality and Underwriting Assessment, *Journal of Insurance Medicine*, Vol 51, #3 and Mortality of Bechet's Disease, *Journal of Insurance Medicine*, Vol 52, #1.

Leslie J. Kohman, HS '85 (thoracic surgery), of Syracuse, writes, "As the chief wellness officer at Upstate, I recently led an effort to revise all of University Hospital's medical staff application, credentialing and peer reference forms to assure they are

free of intrusive mental health questions and stigmatizing language. Physicians deserve the right to pursue mental health care without fear of losing their job."



Padala P.J. Reddy, F '73, of Wichita, KS, did a one-year fellowship in plastic surgery at Upstate in 1972-73. "I was recertified in general surgery six times and am a retired general surgeon now," he writes. "I recently wrote an article about GLP-1 drugs for losing weight. It was published in the *Kansas City Star* newspaper on March 17."