



# UPSTATE MEDICAL **Alumni** JOURNAL

SPRING 2025 PUBLISHED BY UPSTATE MEDICAL ALUMNI FOUNDATION

## FROM THE GROUND UP

Peter Swift, MD '77, and  
Diana McCargo are working  
to improve human health through  
regenerative farming practices







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## UPSTATE MEDICAL Alumni JOURNAL

### SPRING 2025 ISSUE

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**ON THE COVER:** Peter Swift, MD '77, and his wife, Diana McCargo, at Philo Ridge Farm in Charlotte, Vermont. Photo by Matthew Benson

Medical Alumni Foundation

**UPSTATE**  
MEDICAL UNIVERSITY

ALAN AND MARLENE NORTON  
COLLEGE OF MEDICINE



## Dear Alumni and Friends,

Campus is in one of the busiest times of the year. Match Day, Step 1 exams, Commencement, and more! It is hard to believe, but this will be my 11th time experiencing these events.

For almost five of these years, we have been in the Generation to Generation / Excellence in Medicine campaign. The campaign's objective is to raise awareness regarding the enormous need for scholarships to support our medical students and to raise funds in support of this need. The need is great, and your response has been incredible.

With just over six months until the campaign ends, the campaign committee is pleased to announce that, thanks to our generous supporters, we have surpassed our goal of \$15 million. Thank you!

So, why stop now? We are confident that there are many more of our alumni, friends, parents, and residents who want to support our number one priority, student scholarships. With this in mind, the campaign committee is announcing a new campaign goal of \$20 million.

The Generation to Generation / Excellence in Medicine campaign will conclude on September 30. If you haven't yet participated, I hope that you will consider joining your friends and classmates in supporting student scholarships at the Norton College of Medicine. In the next *Alumni Journal*, we will announce the final total raised and recognize the campaign committee and donors who have made the greatest impact. On behalf of the campaign committee, our foundation board, and our medical students, we thank you for your continued loyal support.

Sincerely,

Paul Norcross  
Executive Director  
Upstate Medical Alumni Foundation

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## Upstate Medical Student Was Semifinalist in AMA Research Challenge

**P**rithi Chakrapani, a third-year student in the Norton College of Medicine, was a semifinalist in the prestigious American Medical Association Research Challenge.

Chakrapani's research abstract—Utilizing Neural Networks for Follicular Lymphoma Grading on Whole Slide Imaging—was one of only 50 selected for the research challenge, which is the largest national, multi-specialty research conference for medical students, residents, fellows, and international medical graduates to showcase and present research.

Prithi Chakrapani, a third-year medical student in Upstate's Norton College of Medicine, became a semifinalist in the national American Medical Association Research Challenge



"I'm honored to represent Upstate at the AMA Research Challenge," Chakrapani says. "My passion for engineering and desire to contribute to integrating artificial intelligence into medicine inspired me to pursue this project. Starting medical school with an engineering background, I became aware of several areas in medicine that could benefit from greater efficiency through AI. This realization motivated me to focus on using these technologies to address challenges in the field."

Chakrapani's research is aimed at improving grading accuracy for follicular lymphoma, a type of blood cancer, by using artificial intelligence (AI) to support pathologists in analyzing tissue samples. The team developed an AI model to make the grading process—often highly variable—more consistent and efficient.

Using more than 1,000 patient tissue images, Chakrapani and her research team trained a neural network to classify samples into three grades of cancer severity. They used a method that analyzes small sections (tiles) of each image and combined the data for a final grade. The model achieved 85 percent accuracy, which they say is better than most human pathologists.

This AI tool could serve as a preliminary grading aid for pathologists, helping reduce workload and improve accuracy in high-volume settings, her team said.

Chakrapani said Upstate has been very supportive of her work. "I appreciate that faculty at Upstate are so responsive and eager to help," Chakrapani says. "The mentors who I have turned to have been extremely helpful in supporting my idea, even if it's not their area of expertise, and have helped connect me with people who would be able to help me merge my two interests."

## Kathleen Knudson, MD, Named Director of Pediatric Neurosurgery

**K**athleen Knudson, MD, has been named assistant professor and director of pediatric neurosurgery in the Department of Neurosurgery at Upstate Medical University. She previously was a practicing pediatric neurosurgeon at ECU Health Medical Center, Department of Neurosurgery and Spine, in Greenville, North Carolina.

Dr. Knudson is board-certified in neurological surgery with a focused practice and board certification in pediatric neurological surgery. Knudson received her medical degree from Case Western University School of Medicine. She completed a neurological surgical residency at George Washington University followed by a fellowship in pediatric neurosurgery at Cincinnati Children's Hospital Medical Center.

Knudson performs numerous surgical techniques, including minimally invasive surgery for craniosynostosis, endoscopic surgery for hydrocephalus, and selective dorsal rhizotomy for spasticity. She is an expert in surgery for epilepsy, craniotomy for tumor resection, the surgical treatment of congenital disorders such as spina bifida or Chiari malformation, as well as many others.



Kathleen Knudson, MD



## Norton College of Medicine Creates Pathway for Veterans of Special Forces

Upstate Medical University has joined a national effort to help veterans become doctors.

The Norton College of Medicine has partnered with Special Operations Forces to School of Medicine (SOFToSOM) to create a pathway to medical school for those who served as medics in special operations forces, such as Navy Seals, Army Rangers, Marine Raiders, and others.

The Norton College of Medicine is the fifth school in the United States to partner with SOFToSOM, a non-profit organization dedicated to aiding "special operators" in their medical education pursuits. Scholars are identified using selection protocols developed by special operations veterans and operational psychologists involved with selection for NASA. SOFToSOM offers these scholars valuable opportunities to conduct research before entering medical school, as well as mentorship and financial assistance. Under this initiative, the Norton College of Medicine has committed to assisting qualifying SOF applicants who have completed the SOFToSOM program with navigating the medical school application process and providing interview opportunities.

"We will offer an interview to SOFToSOM candidates who have met the requisite GPA and MCAT qualifications," said Robert Ruiz, Upstate's associate dean of Admissions, interim vice president for Educational Services and dean of Student Affairs.

Annually, the Norton College of Medicine receives more than 6,000 applicants for only 180 openings. The college interviews 515 students yearly, less than nine percent of all applicants.

"Being invited to interview means a potential student has bounded over a significant hurdle to getting into medical school," Ruiz said. "We are pleased to be able to offer this to women and men who have served our country and bring a unique perspective to healthcare."

"Upstate is proud to make this commitment to those who committed themselves so whole-heartedly to this nation's defense," adds Lawrence Chin, MD, dean of the Norton College of Medicine. "I look forward to seeing special forces veterans studying on our campus."



## Margaret Turk, MD, Honored for Lifetime Achievement and Distinguished Career

Margaret Turk, MD, Distinguished Service Professor of Physical Medical and Rehabilitation, has received the Lifetime Achievement Award from the American Public Health Association (APHA) Disability Section. The honor follows the Distinguished Member Award from the American Association of Physiatrists (AAP), received last year.

The APHA award is presented to individuals who have made a major contribution to the improvement of health and quality of life for people with disabilities through research, teaching, advocacy, or practice over the course of their career.

This AAP award is reserved for the most distinguished physiatrist, an individual who is of international status, recognized as a major contributor to the field by virtue of teaching, research and scholarly publications, and noted for dedicated service to the AAP.

Dr. Turk, who joined the Upstate faculty in 1989, has dedicated her career to improving the health and well-being of people with disability. An academician and clinical expert in pediatric rehabilitation medicine and neuromuscular and electrodiagnostic medicine, Turk currently serves as her department's vice chair and quality officer, director of pediatric rehabilitation, associate

director of University Hospital's Rehabilitation Units, director for clinical research, and director for student education.

She has chaired numerous university committees and has participated in or led multiple initiatives at the regional, state, and national level to enhance care for patients with disability, including work with the New York State Department of Health, American Board of Physical Medicine and Rehabilitation (serving as its first woman chairman), American Board of Medical Specialties, Association of Academic Physiatrists, Center for Disease Control, National Institutes of Health, Agency for Health Care Research and Quality, National Academy of Medicine (previously Institute of Medicine), Association of American Medical Colleges, and World Health Organization.

She is a creator of the Disability Education Toolkit, founding co-editor of the *Disability and Health Journal*, has edited several books, authored 25 book chapters/monographs and more than 60 journal articles, and has been recognized with multiple regional, national, and international awards for her work.



Margaret Turk, MD

## Julie White, PhD, Retires From Student Affairs; Robert Ruiz Named Interim VP



Julie White, PhD

After 17 years of service to the Upstate Medical University, Julie White, PhD, retired from her role as vice president and dean of Student Affairs at Upstate.

Innovations and achievements under Dr. White's leadership include the opening of Upstate's only student residence hall, Geneva Tower; the implementation of a campus food pantry to address food insecurity among students; and the creation of the Center for Civic Engagement, which encourages and provides opportunity for student outreach into the local community. During the COVID-19 pandemic, White embraced technology to build online platforms to support students from afar, maintaining virtual interactions to build a virtual caring campus community.

"We thank Dr. White for her outstanding contributions to our campus, for her exceptional leadership of the University's core mission, for her fair and professional handling of difficult issues, and for enhancing the student experience for all, especially in the area of student support. Always available to students and faculty, she has been a tireless champion for our students," says Upstate President Mantosh Dewan, MD. "Dr. White has built and nurtured an extremely effective team and we are grateful that Robert Ruiz has stepped up to continue supporting our students and charting new successes for our campus."

Ruiz was named interim vice president for Educational Services and dean of Student Affairs, effective Dec. 20.

As interim vice president for Educational Services and dean of Student Affairs, Ruiz will oversee services and support for more than 1,400 students enrolled in the university's four colleges. Included in the responsibilities are Student Housing, Student Activities, Academic Support Services, Retention Programs, the Registrar's Office, the Admissions Office, Multicultural Affairs, Student Information Systems, Student Counseling and Financial Aid.

Since joining Upstate in July 2023 as associate dean of Student Admissions, Ruiz and the admission team have overseen record application growth in several programs while also establishing partnerships to increase enrollment from Central New York and the city of Syracuse. Ruiz has held senior leadership roles at Tulane University, Oklahoma State University Center for Health Sciences, the University of Michigan Medical School, and spent nearly a decade in the higher education technology private sector.

Additionally, Sharon Huard, associate dean of Student Affairs and Campus Life, and Nicole Morgante, associate dean of Student Operation Systems, Financial Aid, and University Registrar, will both assume additional interim responsibilities in areas of student success and student-related technology systems.



Robert Ruiz

## Timothy Canavan, MD, Named Chair of Department of Obstetrics and Gynecology



Timothy P. Canavan, MD

Timothy P. Canavan, MD, was named chair for the Department of Obstetrics and Gynecology, effective October 28, 2024.

Dr. Canavan most recently served as vice chair of the Department of Obstetrics and Gynecology at the University of Pittsburgh School of Medicine (UPMC), where he also held leadership posts in the Maternal Fetal Medicine program and Labor and Delivery.

Canavan has extensive expertise in the field of maternal health. He is the author of more than 30 published papers in peer-reviewed journals, has authored numerous books, chapters and abstracts, and has earned more than \$240,000 in research grants for six different studies. He has also done extensive manuscript review and conference planning. He is a member of the American Board of Obstetrics and Gynecology and the American Institute of Ultrasound Medicine. He serves on the advisory editorial board for the *Journal of Ultrasound in*

*Medicine*, the editorial board of the *Journal of Clinical Ultrasound* and is the international editor for *Ultrasound* (British Medical Ultrasound Society).

His current research focus includes abnormalities in fetal growth and the influence of the placenta on fetal congenital heart disease.

Canavan did his undergraduate work at St. John's University in Queens, where he graduated magna cum laude and earned the Gold Key in chemistry. He earned his MD at the SUNY Health Science Center in Brooklyn in 1988 and his MSc at the University of Pittsburgh in 2005. He earned the Galloway Oncology Fellow at Memorial Sloan-Kettering Cancer Center New York in 1991. He is certified in maternal-fetal medicine by the American Board of Obstetrics and Gynecology.

## Zuri Williams '27 Awarded Sarah Loguen Fraser, MD, Alumni Scholarship

Zuri Williams '27, a second-year medical student at Upstate, was selected as the 2024 recipient of the Sarah Loguen Fraser, MD, Alumni Scholarship. The scholarship is named for the first African-American woman to graduate from what is now Upstate Medical University's Alan and Marlene Norton College of Medicine and the fourth African-American woman physician in the United States.

Williams, from Cincinnati, Ohio, says her interest in pursuing a career in medicine stems from issues that include the high maternal mortality rate for Black women and episodes of racial injustice and exploitation in medicine, such as the Mississippi appendectomies and the Tuskegee Syphilis Study.

A graduate of Hampton University, Williams has become active in campus service at Upstate. As the immediate past president of the Student National Medical Association (SNMA) at Upstate, Williams revitalized and expanded the organization's efforts in mentorship by creating the inaugural SNMA Family Groups, which connected students with a doctor and resident mentor to guide them through various stages of their medical journey—from master's programs to applying for residency. She also organized an event hosting nearly 200 GEARUP 8th-grade students from the Syracuse area that included a panel of diverse medical professionals and provided early exposure to medicine through hands-on activities.



Zuri Williams '27, center, Sarah Loguen Fraser, MD, Alumni Scholarship recipient, with K. Bruce Simmons, MD '79, member of the Medical Alumni Board of Directors, and Nakeia Chambers, MEd, director of Access Programs and Student Inclusion

Williams has volunteered in multiple health-related initiatives, such as taking blood pressure readings in the community, assisting pregnant women at Crouse Hospital, and educating students at Binghamton University about the dangers of improper medication storage and disposal.

Upon earning her medical degree, Williams hopes to uplift her patients in underserved communities.



**LEARNING FROM EXPERIENCE:** More than 75 first- and second-year medical students had the opportunity to network with faculty members and Syracuse-area alumni physicians representing a full array of medical specialties at the annual Career Advisory Networking Dinner, sponsored by the Upstate Medical Alumni Foundation on March 5.





# GETTING HIS HANDS DIRTY

Retired radiation oncologist Peter Swift, MD '77, is committed to improving sustainable farm practices, literally from the ground up.

BY RENÉE GEARHART LEVY

It's January with nearly a foot of snow on the ground in Vermont but Peter Swift, MD '77, is focused on spring and summer. This morning, he spent several hours with his livestock team discussing the genetics of his herd of Belted Galloway cattle, the new bull on the way, and the timing of when pregnant cows might begin calving.

Also under discussion was this year's rotational grazing plan and placement of water lines to support the hay season. There are also greenhouses to prep and seed selection and timing of plant starts for the summer vegetable gardens to solidify. Dr. Swift is also in the midst of hiring his crew of summer farmhands.

While many of his peers have retired to warm climates and golf courses, Swift, a retired radiation oncologist, has found new purpose through regenerative agriculture—a holistic approach to improving soil health and restoring degraded ecosystems without chemicals while providing sustainability for the land and for farmers. For the last 13 years, he and his wife, Diana McCargo, have committed themselves to studying best practices and testing them out at their 500-acre Philo Ridge Farm in Charlotte, Vermont.

The goal is to regenerate not only the ecosystem of their own land, but to share what they learn to help farmers throughout the state and beyond with a goal of impacting the environment, food quality, and ultimately, human health.

Peter Swift and Diana McCargo with dogs Figaro and Blueberry on the farm. Opposite: Dr. Swift with a member of his Belted Galloway herd. The breed was chosen in part because their long hair is well suited to Vermont winters.



JESSICA SPIE





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**“We’re basically trying to go back to agriculture from a hundred years ago where they didn’t use a lot of sprays and the fertilizer came from natural cycles. . . .**

**It’s not a magic bullet—we’re not necessarily going to stop somebody from getting breast cancer—but on a large scale over time, eating high-quality food rather than factory farmed and over-processed food will result in healthier people and less obesity.”**

—PETER SWIFT, MD '77

“We’re basically trying to go back to agriculture from a hundred years ago where they didn’t use a lot of sprays and the fertilizer came from natural cycles,” says Swift. “I believe the process of improving the soil and the phytonutrients of the grasses that feed the livestock are going to result in a better diet. It’s not a magic bullet—we’re not necessarily going to stop somebody from getting breast cancer—but on a large scale over time, eating high-quality food rather than factory farmed and over-processed food will result in healthier people and less obesity.”

After a career treating individual patients, the farm has given Swift the potential to impact human health on a large scale. “I wouldn’t recommend this for everybody, but it has been great for me,” he says. “The skills I developed in medicine—identifying problems and making decisions with incomplete information—have transferred pretty well. It probably also helped that I was flexible in going from being the authority to the one who knew the least in the room.”

**A**s a radiation oncologist for three decades, Swift treated adult and pediatric patients with a variety of cancers, including breast, lung, pancreatic, prostate and skin cancer. Over time, he became a specialist in radiation implants to treat prostate cancer.

“I was drawn to the field because I felt I could offer compassionate care to the dying,” he says. “I liked dealing with patients who were sick and needed help, including a lot of education and guidance, both technically and emotionally.”

While a medical student, his maternal grandfather was dying of prostate cancer. “He was at a top medical center supposedly receiving really good care, but in my mind, the care was terrible,” says Swift. “They weren’t controlling his pain. They were withholding information from him and not explaining things to the family. I thought it was atrocious and felt like I could make some improvements.”

Raised in Los Angeles, Swift attended the University of Colorado and came to Upstate Medical University at

the urging of relatives in Syracuse, his father’s hometown. Swift’s uncle, Edward Swift, MD 3’43, was chief of surgery at Crouse hospital, and his aunt, Miriam Swift, MD 3’43, practiced pediatrics in Syracuse. His grandfather, Albert Swift, MD (1902) had been a graduate and faculty member of the College of Medicine; the Department of Surgery Library is named in his honor.

JESSICA SIFE





As a fourth-year student, Swift worked with an intern who planned to pursue radiation oncology. “There wasn’t much swaying medical students in that direction at the time, but he sparked my interest,” he says. “I was fascinated by the physics and the use of technology to provide patient care.”

An intern year at the University of New Mexico convinced Swift he did not want to be an internist and solidified interest in either radiology or radiation oncology. He applied and was accepted to residency programs in both, ultimately choosing to train in radiation oncology at the University of Washington in Seattle.

After training, he moved to Anchorage, Alaska, to work with a friend and mentor from his time in New Mexico who now worked as a medical oncologist there. After a few years, the location proved too far away for his wife, and the couple set their sights on the Northeast.

They landed in Burlington, Vermont. That was 1984.

JESSICA SIRE



Good soil requires proper mineral, microbial, and structural properties to grow things well. By stewarding the land with rotational grazing instead of conventional, equipment-reliant practices, Philo Ridge Farm uses animals to enrich the soil's organic matter and nutrient content, which subsequently improves the vitality, resilience, and biodiversity of the landscape. According to Swift, animals raised eating grazing crops from such soil result in healthier, better-tasting meat.





For the next 26 years, Swift worked in a private group practice located within the University of Vermont Medical Center. Although the practice was independent, it used hospital-owned equipment and the doctors held faculty appointments along with teaching and research responsibilities. He also spent 12 years as the co-director of Lake Champlain Hospice.

As Swift was approaching 60 and his youngest son was graduating from college, the hospital began implementing major changes that would impact the autonomy of Swift's practice group. The time for a transition seemed natural and Swift chose to retire in 2010. He had no inkling what was to come.

He and McCargo had long lived in Charlotte, a small town about 10 miles south of Burlington on Lake Champlain, where the neighboring property was a 150-year-old dairy farm.

For some time, Swift had seen that the farm was struggling. "The fields were less productive," he says.

In 2012, the farmer put the property up for auction. When Swift and his wife caught wind that real estate developers were interested in the property, they decided to jump in and take it off the market to protect it.

"We recognized the beauty of the farm and wanted to protect the landscape," he recalls. "We thought we'd figure out what to do with it after."

Initially, they thought they might section off the land and lease it to other farmers. "We tried that, but the fields were so depleted that nothing much would grow," he says.

"Someone suggested we raise cattle, and I was like, 'I don't know anything about cattle,'" he recalls.

In truth, both he and McCargo were out of their depth. While she had a 35-year history as a home organic gardener, neither of them knew anything about large-scale farming practices.

So, they set out to learn.

**P**hilo Ridge Farm sits on land with a long agricultural legacy. The Williams family established the first farm on the land in 1840, which was purchased by the Foote family in 1878, who founded and operated a dairy farm for the next five generations. By the 2000s, a steady decline in milk consumption, falling dairy prices, and a consolidating industry, made the operation untenable. In 2012, the sixth generation of Foote farmers made the difficult decision to sell the farm.

One of the first challenges Swift and McCargo faced as new owners was the poor quality of the farm's soil. Prior to their ownership, most of the fields were used for conventional corn and hay production, which required annual plowing. This conventional plowing practice compacted the soil, resulting in reduced organic matter and fertility. "There was not a lot of nutrition left and the water flow was impaired," Swift says.

He began educating himself on regenerative farming practices and found great resources by partnering with scientists at the University of Vermont and hiring agricultural consultants who provided guidance on returning the soil to a productive medium.

The goal is to put more nutrients into the soil than are taken out. One of the first tenets is avoiding conventional plowing, instead using a no-till seed drill which helps maintain the natural structure of the soil.

The next is to grow grasses that serve as feed for livestock and to use rotational grazing instead of standard, equipment-reliant practices. Rather than chemical fertilizer, animals are used to enrich the soil's organic matter and nutrient content, which subsequently improves the vitality, resilience, and biodiversity of the landscape.

"The key to this system is careful timing of rotations," says Swift. "Our team moves temporary fences every day to ensure the livestock always get the best grazing available and the plants have time to fully regrow."





JESSICA SPIE

At the same time, Swift and McCargo began restoring the buildings on the property, beginning with an old brick house from the 1800s and turning an adjacent barn into a farm office. Soon after, two young farmers approached them about leasing some pastures and barn space for their sheep and poultry business.

As the soil improved, so did the extent of operations. In 2016, Swift hired a livestock manager and introduced heritage breeds of cows, pigs, sheep, and chickens to the mix.

Infrastructure improvements continued by building the Farm Commons Barn, which houses the farm's

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**"The key to this system is careful timing of rotations. Our team moves temporary fences every day to ensure the livestock always get the best grazing available and the plants have time to fully regrow."**

—PETER SWIFT, MD '77



JESSICA SPIE



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**“After a transformative and deeply rewarding decade, we now want to ensure that Philo Ridge Farm will be a multigenerational community asset.”**

—McCARGO AND SWIFT

kitchen, dining areas, and market. That project included relocating an 1850 post-and-beam barn into the new building to serve as the heart of the operation. More barns followed to create space for their growing livestock and garden operations.

As Swift and McCargo saw that the livestock, soils, and pastures were thriving, they began expanding their vision and assembled a team to help them grow the venture. A garden manager helped McCargo establish two acres of certified-organic vegetable and fruit gardens, augmented by two greenhouses that allow for year-round production. A market store sold everything grown and raised at Philo Ridge Farm, and also became a gathering place for coffee drinks, baked goods, fresh salads, sandwiches, and soups. Farm-to-table dining facilities quickly earned a reputation as a destination-

worthy dining experience. In 2020, an on-site USDA-inspected slaughter facility began processing between 2,500 and 4,000 chickens a year.

Despite its growth and expansion of operations, land stewardship has always been the focus. Swift and his pasture crew have worked closely with the University of Vermont for years to establish a research and evaluation protocol that can be used by other farms around the state.

About 80 percent of Vermont’s farmland is dedicated to commodity dairy and conventional hay and crop production. Swift’s goal has been to use what he’s learned to help others employ more sustainable farming practices, and in the process improve the quality of the food supply and help the environment.

Regenerative agriculture is still being defined as a practice, and its environmental, economic, and social impacts have yet to be well studied and documented. “There’s scant data on the costs and return on investment of transitioning from conventional farming practices to regenerative methods,” says Swift. “Data collection and analysis around all of these factors is crucial to understanding and communicating the potential benefits of regenerative farming methods for Vermont’s farms and farmers, and the communities they support. We are aiming to collect data through research to see if regenerative farming’s interconnected benefits

Philo Ridge Farm includes two acres of certified-organic vegetable and fruit gardens, as well as two greenhouses for year-round production.





can ultimately lead to greater economic stability and success for farmers, as well as more resilient local food systems.”

Swift says his background as a physician has aided the research process. “My experience with experimentation, interpreting results, and statistics enables me to understand what people are trying to do with these studies and to determine what is significant and what’s not worth the effort,” he says.

In 2020, Philo Ridge Farm and its research partners were awarded a \$2 million, five-year Conservation Innovation Grant (CIG) from the U.S. Department of Agriculture to assist 20 farms throughout Vermont in the implementation of regenerative management practices that have been tested at Philo Ridge since 2015. The project aims to assess the ecological, economic, and social impacts of adopting a soil management system that includes planting cover crops, reducing tillage, modifying nutrient management, and the intensive, rotational grazing of livestock.

The ultimate aim of the CIG study is to provide a comprehensive, data-backed understanding of the effects of regenerative farming practices on Vermont’s farmland and environment, the effort and expense that go into implementing these methods, and the overall economic and social benefits to farms, farmers, and communities of adopting regenerative practices.

“We are exploring a potential approach to agriculture in Northern New England that could provide a viable income to farmers while improving soil health, sequestering carbon, and raising nutritious food. The work has the potential to provide a win-win for farmer livelihoods and the climate problem,” says Eric Bishop von Wettberg, University of Vermont’s ecological team lead.

In addition to its lead role in the CIG study, Philo Ridge Farm has also hosted studies testing cover crop varieties for things like phosphorus uptake, nitrogen fixation, soil fertility, and overall viability, and partnered with individual researchers at University of Vermont to investigate the impact of essential oils on pest and parasite diversity and to create a State of Soil Health compendium for the state. The farm has also partnered with Audubon Vermont’s Bird and Bee Friendly Farming initiative.

Two years ago, Swift and McCargo put a pause on the dining facilities and market to reassess their operation and plan for the future. Last year, they began the process of transitioning Philo Ridge Farm to a nonprofit foundation, which will better position the farm to pursue opportunities in farming science, research, and education.



The farm’s Market Store, which sells everything grown on the farm and other local wares, will reopen this summer.

“After a transformative and deeply rewarding decade, we now want to ensure that Philo Ridge Farm will be a multigenerational community asset,” McCargo and Swift wrote in a letter to the community.

His wife, an excellent cook and advocate of farm-to-table dining, is currently writing a cookbook that will provide inspiration for food served at the farm when the market and dining operations reopen this summer. She takes the lead on the market, hospitality, and vegetable and fruit gardening operations and has guided the aesthetics of the farm’s design and layout. Swift oversees pasture management, livestock breeding and slaughter, and food production.

Despite the demands of the farm, Swift and McCargo find time to enjoy skiing, bicycling, hiking, and travel. For 30 years, Swift has played acoustic bass in a local band—serendipitously named The Meat Packers—that plays music events around the area.

Although he still doesn’t consider himself a farmer, Swift helms a fully functioning farm that’s made its mark on the Vermont landscape.

“We’ve got an outstanding facility. It’s a beautiful, working farm but it’s part of something bigger,” he says.

“Everything we do is rooted in our commitment to honoring our natural and human environments; to improve the soil to produce nutrient-dense foods that taste better and improve human health and uphold the integrity of the land.” ■

# A DOCTOR WIT

## BERTRAM ZARINS, MD '67, CAPS HIS LONGSTANDING SUPPORT OF MEDICAL CARE IN LATVIA WITH A MEDICAL MISSION TO UKRAINE.

**I**n December 2024, as the Russian invasion of Ukraine continued to rage, Bertram Zarins, MD '67, traveled to the front lines of the conflict to deliver critically needed medical supplies to the Ukrainian military.

"We were within two kilometers of the Russian border," says Dr. Zarins. "We could hear artillery fire."

The week-long medical mission was the latest in the 81-year-old physician's three-decade effort to support medical care in Latvia, his native country, as well as the training of Latvian physicians.

Zarins' family fled Latvia in October 1944 when the Russians invaded Latvia a second time at the end of World War II. He was two years old. "Russians were killing the intelligentsia, and our family was on the list to be deported to Siberia or killed," he says. "There was a mad scramble to get out. My family went to the shore, and we were fortunate to escape on a little fishing boat."

Although Zarins has no memory of the event, he is forever grateful for the assistance his family received in reaching safety and eventually immigrating to the United States.

Zarins went on to become a pioneer in the field of arthroscopic surgery. He now serves as the first Augustus Thorndike Clinical Professor of Orthopaedic Surgery at Harvard Medical School. He is the Emeritus Chief of Sports Medicine at the Massachusetts General Hospital, and was head team physician for three professional sports teams: the New England Patriots for 25 years, the Boston Bruins for 32 years, and the New England Revolution soccer team for 14 years. Zarins was also head physician for the United States at the Winter Olympic games in Sarajevo in 1984. His younger brother, Christopher K. Zarins, MD, is also a distinguished physician, holding an appointment as Chief of Vascular Surgery Emeritus and the Walter Clifford Chidester and Elsa Rooney Chidester Professor of Surgery at Stanford University.

In 1990, the brothers established the Latvian Medical Foundation (LMF). The following year they helped

the newly independent Latvia with emergency medical aid. As the medical crisis abated, the organization began focusing on fellowships that allow young Latvian doctors to study and train abroad with the goal of improving medical care in the country.

All that changed in 2022, when the Russians invaded Ukraine and Ukrainian refugees flooded into Latvia. Once again, the organization turned its focus to emergency humanitarian aid. Over the next three years, the LMF provided financial support to more than 150 Ukrainian medical professionals who had settled in Latvia. The LMF has covered costs of medical care for injured Ukrainian soldiers in Latvia, and the training of Ukrainian medical specialists in anesthesiology and microsurgery.

In December 2024, Bertram Zarins organized a team of Latvian volunteers to go to Ukraine. The LMF paid for two ambulances and two medical evacuation vehicles, which they filled with medical equipment. They delivered the payload to three Ukrainian hospitals and to soldiers defending Ukraine at the front.

The hands-on experience provided a particularly meaningful opportunity to give back. "There have been a tremendous number of civilian casualties, including children," he says. "The suffering is immense, and the medical need is great. Anything we can do to alleviate that, and to help Ukraine fight for its existence, is important."

The mission began in Riga, the capital of Latvia, where a team of Latvian doctors and volunteers assembled and loaded the medical supplies into the vehicles. In preparation, advance work was done to identify the needs in hospitals and at the front. As a result, generators and power banks were included, as well as tourniquets.

The Latvian team drove the vehicles and supplies from Riga to Warsaw, Poland, where Bertram and Christopher Zarins joined the caravan. The mission lasted from December 8-14, 2024.

Zarins says they passed lines of trucks at the border



# WITHOUT BORDERS



Drs. Christopher and Bertram Zarins delivering aid from the Latvian Medical Foundation to the front in Ukraine

**"RUSSIANS WERE KILLING THE INTELLIGENTSIA, AND OUR FAMILY WAS ON THE LIST TO BE DEPORTED TO SIBERIA OR KILLED. THERE WAS A MAD SCRAMBLE TO GET OUT. MY FAMILY WENT TO THE SHORE, AND WE WERE FORTUNATE TO ESCAPE ON A LITTLE FISHING BOAT."**

—BERTRAM ZARINS, MD '67

from Poland to Ukraine that were filled with aid for Ukraine. They were backed up for up to ten kilometers, many waiting for days to cross. It took the Latvian team four hours to make the crossing.

The first stop was dropping supplies at the Lviv Regional Children's Hospital, followed by the Ivano-Frankivsk Regional Clinical Hospital. The team then split into two groups, with the Latvian physicians continuing to Vinnytsia City Clinical Emergency Hospital and the Zarins, along with experienced Latvian volunteer guides, traveling to Kupiansk to deliver equipment and medical supplies to the front.

The distance from Lviv to Kharakiv is about 700 miles. "We passed through many areas where there was no electricity," says Zarins. They drove further to Kupi-



Members of the Latvian mission team deliver donations to the Ivano-Frankivsk Regional Clinical Hospital, December 9, 2024

ansk, an almost abandoned border city whose buildings have been destroyed by bombs and repeated shelling. “The destruction we witnessed was widespread.”

When the team got close to the front, a Ukrainian soldier met them and drove them further in his military vehicle. The soldier gave them helmets and protective vests. He also took them to a Ukrainian military drone workshop.

“It was an experience I will not forget,” says Zarins.

The trip concluded in Kiev, where they visited the Latvian Embassy. The director of the Main Ukrainian Military Hospital in Kiev gave each of the Zarins a commemorative coin for their courage and for their support of the defenders of Ukraine.

**B**ertram Zarins first returned to his homeland in 1987, when he was invited to speak at an All-Soviet medical conference in Riga. It was an emotional experience to return to where he came from and to meet his relatives. He was saddened to see the very low standard of medical care in his home country.

Zarins got the idea to organize a conference in Riga similar to the one he had just attended but for Latvian doctors. He recruited 250 Latvian doctors and their families in the Free World and chartered an airplane to fly the group from Helsinki to Riga. This was the first



international flight to land in Latvia since the end of World War II.

The resultant first Latvian World Congress in Medicine was held in Riga in June 1989. The Congress opened with a parade—6,000 people marched from the old city of Riga to the Freedom Monument, where they placed



**"THERE HAVE BEEN A TREMENDOUS NUMBER OF CIVILIAN CASUALTIES, INCLUDING CHILDREN. THE SUFFERING IS IMMENSE, AND THE MEDICAL NEED IS GREAT. ANYTHING WE CAN DO TO ALLEVIATE THAT, AND TO HELP UKRAINE FIGHT FOR ITS EXISTENCE, IS IMPORTANT."**

—BERTRAM ZARINS, MD '67

flowers. They proceeded to the Riga Sports Palace for the opening ceremony. What was billed as a medical conference became a freedom movement for Latvia. "It was similar to what the dockworkers did in Poland, except in Latvia it was the doctors," Zarins says. "The Congress was a catalyst for Latvia's crusade for freedom. One and a half years later, Latvia was free."

The Zarins' used income generated from the meeting to establish the LMF. When Latvia regained its freedom from the Soviet Union, its medical system collapsed. The LMF mobilized emergency aid, sending medicines and medical devices to Latvia. The LMF assisted Project Hope in organizing a shipment of medical supplies to Latvia from the United States. Vice President Dan Quayle went to Riga with a full cargo plane in February 1992. Bertram Zarins donated many arthroscopy devices and Christopher Zarins introduced new techniques and donated vascular devices.

By 1993, the medical crisis abated and LMF began supporting hospitals and professional medical organizations. They helped the Children's Hospital in Riga establish a program to provide prosthetic limbs for children. Another program supported nursing education. The LMF funded an electronic medical library at the main teaching hospital in Riga. The organization has supported postgraduate medical education for 25 years. The Zarins Traveling Fellowship awards postgraduate scholarships each year for up to five recent medical graduates to study abroad. The first fellow, orthopaedic surgeon Valdis Zatlers, used the LMF fellowship to learn arthroscopy. Dr. Zatlers was elected president of Latvia in 2007.

In 2004, Latvian President Vaira Vike-Freiberga awarded the Three Star Medal of Honor to Zarins. It is the highest civilian honor in Latvia.

It's one of many honors Zarins has garnered during his career. He was named Physician of the Year by the National Football League in 2002 and has six Super Bowl rings, a Stanley Cup ring, an Olympic ring, and several American Football Conference rings.

Since 1989, he has visited Latvia annually to provide humanitarian assistance and/or teach doctors, residents, and medical students.



In 1992, Vice President Dan Quayle delivered a shipment of medical supplies to Latvia that was organized by the Latvian Medical Foundation in collaboration with Project Hope. Christopher Zarins is behind his right shoulder and Bertram Zarins behind the left.

Retired from clinical practice since 2020, Zarins now devotes time to writing. Last year he published *Surgical Anatomy and Exposures of the Knee: A Surgical Atlas*. He is currently working on a similar book on the shoulder.

And he continues to monitor the ongoing conflict in Ukraine. "Latvian doctors continue to provide reconstructive microsurgery assistance to hospitals in Ukraine," he says. "The war continues and will need support for all those who suffer the hardest of it." ■



# STUDENT ROUNDS

## Call of the Wilderness

NATE BAROTT '26 LOOKS TO COMBINE HIS PASSION FOR EMERGENCY MEDICINE WITH HIS LOVE FOR THE OUTDOORS.

Nate Barott '26 has never met an outdoor adventure he didn't like. He's an avid proponent of self-powered endurance sports, including running, skiing, snowshoeing, and cycling across road, gravel, and mountainous terrain. A cross country runner in high school and college, he has biked the length of the Erie Canal in Upstate New York, hiked a dozen of the Adirondack high peaks, and has volunteered as an EMT, firefighter, ski patroller, and Adirondack search and rescue team member.

So, it's not surprising that Barott didn't choose a conventional locale when looking for a study abroad program as an undergraduate college student. He wanted to go to Nepal.

"I've always been interested in the Himalayas, and I honestly just wanted to get into some really high mountains and see Mount Everest," he says.

The Cornell University biology major found a program through the School for International Training. In addition to learning about the country's history, the program included a six-week independent study component for a student-designed research project.

Barott, who was considering a career in medicine, focused his project on the occupational health of porters, the labor class that carry packs and equipment up the mountain for climbers.

"They carry tremendous amounts of weight at high altitude," he says. "There was a surge in tourism in Nepal and people attempting to climb Everest. I wanted to explore the impact on the porters."

Traveling to the Everest region, Barott befriended locals to learn about the rural healthcare system in Nepal and the inter-

national organizations that also assist in providing care. His research found that altitude illness and respiratory infections were common diseases for the regional porter population, and impediments to well-being included inadequacies in equipment, accommodation, insurance, and education.

"That experience was a foundational reason for my decision to go into medicine," he says.

Barott graduated magna cum laude from Cornell in 2020, at the height of COVID. He headed to Utah, where he

served as a ski patroller providing first aid and rescue services to injured skiers, while taking the MCAT and applying to medical schools.

By chance, Barott saw a post on a Facebook wilderness medicine group from a Stanford University physician looking for volunteers to go to Nepal to study altitude sickness.

"I wasn't even a medical student yet, but I tried to sell myself as a source of local knowledge," he says.

It worked. Barott joined Project Curtain (Current Understanding of



Nate Barott '26 in the Himalayan mountains





Relevant Trends in Altitude Illness in Nepal), and after a year of study design, headed back to Nepal April 2022 with a team of Stanford emergency medicine doctors on a research expedition.

“We flew to Kathmandu for a briefing, then took a small 10-passenger plane to the district of Solukhumbu, where we spent about a week hiking up to the small village of Lobuche, located about 10 miles south of Everest base camp,” he says. “We were in the middle of nowhere, super high up. It was exhilarating.”

The point of that location was to study altitude sickness where it was happening. “We collected information in the form of surveys from as many people as we could to get a sense of the prevalence of altitude sickness in the region,” Barott says. “The elevation in our village was 16,200’, which was great for the purposes of our study—an investigation into trends in altitude sickness among trekkers and climbers visiting the region.”

Over six weeks, Barott and a team of healthcare professionals from Stanford and Patan Hospital (University in Kathmandu) distributed 1,200 surveys, each with questions relevant to their experience with altitude sickness.

The study results, published in *High Altitude Medicine and Biology* in June 2024 and on the American College of Emergency Physicians website, affirmed the correlation between altitude sickness and time spent adapting to altitude but found no protection from female hormones estrogen and progesterone, another aspect of the study.

In addition to conducting research surveys, Barott also helped deliver lec-

**“The elevation in our village was 16,200’, which was great for the purposes of our study—an investigation into trends in altitude sickness among trekkers and climbers visiting the region.”**

—NATE BAROTT ’26

tures to the local community on altitude sickness, assisted with an emergency evacuation of a man with HAPE (high altitude pulmonary edema), and summited his first 6,000m mountain.

He says taking that trip just before his MS1 year provided a full-circle experience that has shaped his study of medicine in many ways. “I have parallel interests in emergency medicine and emergency medical services,” he says. “I think I’d like to do some sort of fellowship training at some point with the goal to pursue a career that can combine medicine with my interests in the outdoors.”

Barott spent the summer after his MS1 year working as a park ranger in Acadia National Park in Maine, where he responded to emergency medical incidents and conducted search and rescue missions. Those incidents formed the basis of a poster presentation at the Wilderness Medical Society summer conference in July 2024.

He has served as a student volunteer

with House Calls for the Homeless, which provides services to Syracuse’s unhoused population, and is a member of the volunteer ski patrol at Labrador Mountain. He’s also participated in disaster response training exercises through New York Project Hope, including whitewater rescue, structural collapse, and mass-casualty response. “I’m currently assisting with 2025 exercise logistics, including recruitment efforts and curriculum design for medical modules,” he says.

After taking Step 1 last year, he celebrated by biking down the Pacific Coast from Vancouver, Canada, to Tijuana, Mexico.

A native of Canandaigua, New York, Barott is enrolled in Upstate’s rural medical program. As a third-year student this year, he spent both his family medicine and emergency medicine blocks in Glens Falls, New York, in the Adirondacks. “I fell in love with the place,” he says. “I immersed myself in the small-town culture and was able to go on hikes every day,” he says.

Barott says the experience provided a model of what his future career might look like. “I think it would be great to benefit a small, rural community, to get involved in a local ski patrol, search and rescue team, or EMS system, and also to find a way to do global health work in Nepal or elsewhere,” he says. “But that’s a lot. We’ll see if I can do it all.”

# CLASS NOTES

## 1954

**David J. Turell**, of Hempstead, TX, writes, "I'm still here, surprisingly. I have planned a cruise to see the northern lights later in the year."

## 1955 Reunion

September 19•20, 2025

## 1957

**Arthur J. Florack**, of Lake Wylie, SC, and his wife of 67 years, Ellie, now live with their daughter and her husband. "Our four children and their spouses recognized the inevitable signs of aging (mostly mobility due to significant spinal arthritis) and our need for available help as needed. We remain quite active. I enjoy woodworking and building simple furniture. Our 14 grandchildren have produced nine great-grandkids and two more are due in June."

## 1960 Reunion

September 19•20, 2025

**Michael A. Kirsch '63**, of Encino, CA, had a scare with the recent fires. "I had to evacuate but it didn't get to Encino, thanks to the fire-fighters. I am starting my ninth year of retirement."

## 1964

**Stanley B. Burns**, of New York, NY, was elected president of the Society of the Alumni of Bellevue Hospital. Part of his duties include presenting a brief historical episode from the history of the hospital at monthly meetings.

## 1965 Reunion

September 19•20, 2025

**Gary J. Havens**, of Santa Monica, CA, sends "Congratulations to those of you who are still on this side of the daisies. I read that the average life span of an American male is 76.3 years, and 71 of about 90 in the class of 1965 are still above board. That means that we are just lucky or we learned something from our pathology and pharmacology classes. The key to longevity amounts to just two things: good luck and good choices (and genetic inheritance is just good luck). My oldest granddaughter, Serena, graduated from law school at UNC Chapel Hill and placed in the 99th percentile passing the bar exam, so I am a happy granddad. I stopped skiing a couple of years ago, but still scuba dive. I hope to see you at the next reunion."

**Lawrence F. Simon**, of Pomona, NY, will retire from surgery at Nyack Hospital after 52 years in June. "I will work at the wound center to keep sane," he writes.

**Richard N. Snyder**, of Los Angeles, CA, retired in 2007 from 37 years at Kaiser-Permanente in Los Angeles as a surgical pathologist but continues as director of an outpatient laboratory. "My oldest granddaughter has an MS from MGH Health Center and is a clinical genetics counselor at University Washington Medical Center in Seattle. The other grandchildren are ages nine, six, three, and eight months. Both my adult sons are lawyers. We mercifully survived the LA fire apocalypse. (I am not living in a fire zone.) I do not miss the snow at all but do have such fond memories of classmates and the outstanding faculty who trained us. I wish 'clear margins' for all."

## 1966

**Neal M. Friedberg**, of New York, NY, shares that he and Dori will be married 60 years in 2025. "Life after retirement is productive: piano, fiction reading group, golf, and concerts. We have two married children and two grandsons, all proximate to our home."

**Austin M. Pattner**, of Englewood, NJ, has been in practice for 51 years and is "just beginning to get it right."

## 1967

**Daniel C. Niejadlik**, of Boca Raton, FL, has been reappointed to the affiliate clinical staff as a pathologist in the Department of Surgery at Florida Atlantic University Medical College



Top: Dr. Numann, front row, third from right, at the Women in Surgery Africa launch event in Blantyre, Malawi. Bottom: Dr. Numann became an Honorary Fellow of the Royal College of Surgeons Ireland in 2023.



## PATRICIA NUMANN, MD '65

## A Master Mentor



Entering the home of Patricia Numann, MD '65, one is surrounded by the evidence of her travels over the years. Stone turtles from Galápagos. Artwork on the walls from Japan. A collection of wooden carvings from Africa.

As one of the most prominent female surgeons in the world and a staunch advocate of women's equity in the profession, Dr. Numann's presence has long been in demand at surgical meetings. At nearly 84, she continues to maintain a daunting travel schedule.



In August 2024, she traveled to Kuala Lumpur, Malaysia, for the International Society for Surgery meeting. The following month, she went to the Royal College of Surgeons of Ireland for the inauguration of Deborah McNamara, marking the first time a female president succeeded a female president in any major surgical organization. In December, she traveled to Zimbabwe for the Women in Surgery Africa meeting, which she has attended nearly annually for the last 10 years. In February 2025, she gave the Mishra Oration for the King Charles Medical University in Lucknow, India (which she recorded from her home), then attended the Women in Surgery meeting in Clearwater, Florida. On her calendar this year are meetings in Charleston, South Carolina, and Seattle in the spring,

the American College of Surgeons Congress in Chicago in October, then Barcelona, where she'll receive the Gimbernat Award from the Catalan Surgical Society.

It's the latest in Numann's extensive list of honors, which include lifetime achievement awards from the International Society of Surgeons and the American College of Surgeons, the Elizabeth Blackwell Award from the American Medical Women's Association, an Honorary Doctor of Science Degree from SUNY Upstate, and honorary Fellowship in the Royal College of Surgeons of Glasgow, Edinburgh, Ireland, India, and Thailand.

Numann's retirement from clinical practice at age 65 was an intentional choice. Her mother died at 53, her father at 62, and her sister at 68. "I didn't anticipate living a long life," says the Lloyd S. Rogers Professor of Surgery Emeritus, SUNY Distinguished Service Professor, and SUNY Distinguished Teaching Professor Emeritus.

For the last 18 years, Numann has devoted herself to three areas of focus: developing online education modules for surgical trainees; advocating for and mentoring women surgeons in underserved areas, particularly Africa; and supporting the Norton College of Medicine through service and financial support of the Upstate Medical Alumni Foundation.

As director of the Cognitive Simulation Program for the American College of Surgeons, Numann developed an online program, Fundamentals of the Surgical Curriculum, to teach fourth-year medical students how to manage patients to prepare them for surgical residency. "Even though there's supervision, it's not minute to minute and there are a lot of decisions you have to make by yourself," she says. "This program was developed to help with that and is now sold by the ACS to all medical schools that teach in English."

She's also helped develop an advanced curriculum called Ready to Practice, intended for PGY3 residents and beyond, to help an individual assess their competency and readiness for individual practice.

A lifetime advocate for women in surgery, Numann began working with female surgeons in Africa 10 years ago when she was invited to speak at the meeting of a new organization, Women in Surgery Africa, in Malawi. Since then, she has regularly attended their meetings, and until last year, served as an oral examiner for their surgical board exams administered by the College of Surgeons of East, Central and Southern Africa (COSECSA).

"When I started, they were training seven women a year and now they're up to 29 a year," says Numann.

Through her efforts, the Association of Women Surgeons started a mentorship program and, in conjunction with the American College of Surgeons, supports scholarships for eight women annually who are completing training and taking their certification exams.

"We pay for the cost of the exam and for membership for them in COSECSA and the American College of Surgeons for five years so that they get the opportunity to develop professionally, then we have a reception for those women, and I usually end up promising at least one or two that I'll help them further their career," she says.

Closer to home, Numann maintains a 37-year commitment of service to the Upstate Medical Alumni Foundation. "I joined as a board member in 1978, but I've been an emeritus member for a long time," she says.

Her motivation is simple: "Upstate gave me the opportunity to become a physician when there were very few women accepted," she says. "I was actually accepted after my third year of college and received scholarships, which was economically huge for me because I came from a very poor family."

That loyalty, and her love for students, kept her in academic medicine at Upstate through the entirety of her career and drives her continued involvement in the Medical Alumni Foundation. "To this very day, my real motivation is to improve life for the students and see that they have less financial burden," she says. "I think it's your professional responsibility to give back. If every single alumnus gave even a little bit, it would make such a huge difference to student life."

—Renée Gearhart Levy

**If you are interested in learning more about the Medical Alumni Foundation Board, please contact Paul Norcross, executive director, at [norcrops@upstate.edu](mailto:norcrops@upstate.edu).**

# CLASS NOTES

for five more years. "Since 1971, I have had five different medical school appointments on a clinical affiliate staff to teach. I plan to retire at 90. **Marty Cohen** and I still lunch together in Boca."

## 1968

**Robert L. Bard**, of New York, NY, is now using non-invasive alternatives in women's imaging for breast cancer and endometriosis. He notes that thermography is used worldwide for wound healing, arthritis, and cancer imaging, and that breast lymphoma and inflammatory breast cancer (highly aggressive) are commonly missed by mammography.

## 1969

**Stephen Lynip**, of Waxhaw, NC, writes, "I feel that I have been most privileged, having graduated from SUNY Upstate family practice residency at St. Joseph's Hospital in Syracuse, to have been able to serve in community health programs in the Philippines. After arriving in the Philippines at the end of 1969, I read a life-changing book entitled *Medical Care in Developing Countries* by Dr. Maurice King. In the opening pages of his book, King wrote, "The role of a doctor in a developing region is to be a trainer and consultant for teams of village health workers." Eventually that moved me away from my clinical practice to develop a series of training work-

shops for Filipino doctors, nurses, midwives, and others, as rural health trainers. One of my chief joys is that several of these Filipino health workers received national recognition for their contribution to rural health programs in the Philippines. Although based in the Philippines, my wife, Karen, who specialized in non-formal adult education, and I also served elsewhere in Asia for 32 years. We retired to North Carolina, where we have been helping to prepare other Americans to serve populations in a number of countries as community development assistants."

## 1970 Reunion

September 19-20, 2025

**Douglas E. Brown**, of La Jolla, CA, spent time in the Thousand Islands last summer, renting Whiskey Island (near Clayton) for a week for a family reunion and 80th birthday celebration. Afterward, he spent time in Syracuse and Skaneateles.

**Alexander E. Kuehl**, of Amelia Island, FL, writes, "**Alan Williams** and I are attempting to create interest in attending our 55th reunion in Syracuse in September. At our 50th, there was some interest in creating a Class of 1970 Memorial Scholarship. Please communicate to our classmates and to me alexanderkuehl@msn.com if you have a desire to be a part of the reunion or the memorial scholarship. There are fewer of us every year, so your input is crucial."

**Steven H. Lefkowitz**, of Scottsdale, AZ, is still alive and not in atrial fibrillation at age 79.

**William D. Singer**, of Newton, PA, and his wife, Sarah, celebrated their 59th wedding anniversary in December 2024. Both are retired.

## 1973

**Donald F. Clukies**, of Portsmouth, RI, is running a half marathon in Antarctica with his two boys, one of whom is a DO specialist in critical care.

## 1975 Reunion

September 19-20, 2025

**Joseph A. Cincotta**, of Wellsville, PA, is enjoying retirement and continuing



Joseph A. Cincotta '75 shares his puppy, Finn

to "pay it forward" at a local free clinic and at the Penn State College of Medicine, where he volunteers with first- and second-year medical students in their problem-based learning and humanities courses. "And I am enjoying my latest addition to the household, an English cream golden retriever named Finn," he writes.

**Phillip Gioia**, of Auburn, NY, was at the Finger Lakes Research Conference at Hobart and William Smith Colleges and learned about lake biology and helped out the Owasco Lake and Watershed Association. "Just a block away from Elizabeth Blackwell's old medical school classrooms," he writes.

**David A. Lynch**, of Bellingham, WA, was diagnosed with Stage IV pancreatic adenocarcinoma in December 2024. "I am getting good care at Virginia Mason Hospital in Seattle," he writes. "I do not think I will make it to the reunion. Hello to all."

## 1978

**Robert Fulop**, of Short Hills, NJ, shares that his son, Andrew, got married in Hawaii on December 9, 2024.

**Edward F. Higgins, Jr.**, of Mission Hills, KS, updates that despite widespread gang violence, the Higgins Brothers SurgiCenter for Hope continues to treat patients in Haiti. It is the only medical facility in that region of Haiti still seeing patients (1,500 a month) and all 70 Haitian employees have remained.

**Keith A. Nichols**, of Oswego, NY, writes, "I now have three granddaughters of whom I am very proud. I closed my private practice office in December 2022 and now operate a smaller office out of my home. I am very busy with my aviation medicine practice and specialize in the evaluation and treatment of professional pilots with drug, alcohol, or





Keith A. Nichols '78 with his granddaughters

psychiatric issues. I continue to provide a substantial amount of home care to a smaller group of general patients. I am the medical director of a newly opened eating disorder treatment center, HeaHea (Health and Healing Retreat). Of course, I continue to play in a 'tragically hip' rock band."

## 1979



Bruce A. Salzberg '79 and his wife, Lisa

**Bruce A. Salzberg**, of Atlanta, GA, retired on December 31, 2024, after 40 years of practicing gastroenterology with a specialty in irritable bowel disease. "I also have one grandson and am expecting a granddaughter," he writes. "I will now continue traveling around the world and spending time with my growing family."



John F. Fatti '80 and his wife, Jackie

## 1980 Reunion

September 19-20, 2025

**John F. Fatti**, of Camillus, NY, and Jackie recently went on safari near Johannesburg, South Africa, and visited Cape Town, South Africa. "Twelve days, a true trip of a lifetime," he writes.

**Michael D. Privitera**, of Cincinnati, OH, is the Matthew B. Linder and Michael Privitera, MD Endowed Professor and director of the epilepsy center at the University of Cincinnati Gardner Neuroscience Institute. He leads a team of epileptologists, neurosurgeons, neuropsychologists, and nuclear medicine specialists who have been on the leading edge of epilepsy medical and surgical treatments since 1987. His funded research includes more than 50 trials of new anti-seizure medications, anti-seizure medication teratogenesis, generic anti-seizure medications, and studies of stress and seizures, with many peer-

reviewed publications. He continues to mentor fellows and faculty.

**John F. Quinn**, of Columbia, SC, recently retired from a rewarding, full-time anesthesiology practice after 41 years at Prisma Health Richland, a level 1 trauma center and teaching hospital with a heavy emphasis on cardiac anesthesia. "I will continue on a part-time basis given ongoing staff shortages, but I anticipate lots of extra time for family, travel, and ongoing hobbies that include astrophotography and bonsai," he writes.



Astrophotography and bonsai by John F. Quinn '80

## 1982

**Joseph Cambareri**, of Manlius, NY, received the Dr. Roger W. Pease PEER Award from St. Joseph's Hospital in Syracuse in recognition of his leadership, physician clinical expertise, and social responsibility.



Joseph Cambareri '82 and his grandson, John

**Matthew J. Kuhn**, of Boston, MA, and **Lee Wetzler** enjoyed sharing old times at their 50th high school reunion. "We also attended Binghamton University together," he writes.

# CLASS NOTES



Susan Zahalsky Jensen '83 (right) and daughter Jessica at pub trivia

## 1983

**Susan Zahalsky Jensen**, of Fort Mill, SC, shares, "Since retiring from the VA, I've been enjoying a second career as a journalist and exploring new hobbies. Besides writing for *Chicken Soup for the Soul*, *The Charlotte Jewish News*, and many magazines, I've been *Mensa World Journal* profiles editor for the past five years. This second half of life is wonderful. If anyone visits my city, I'd enjoy meeting up for lunch or coffee. I can be reached at: [suejensen57@gmail.com](mailto:suejensen57@gmail.com)."

**Everett J. Mozell**, of Salem, OR, has entered his third year of retirement after a long, satisfying surgical career. He is enjoying travel, not knowing what day of the week it is, and the gratifying (but occasionally daunting) trade of income for the luxury of time.

## 1985 Reunion

September 19-20, 2025

**Vito J. Losito**, of Fayetteville, NY, recently had the opportunity, after dropping his wife and her 95-year-old dad off at Crouse Hospital for an imaging study, to spend some time walking and reminiscing on Marshall Street and University Avenue. "Boy, how things have changed except for one thing (see photo). The Varsity diner is still alive and well. Of course, I had to go in and ended up enjoying one of the best sausage, egg and cheese bagel breakfast sandwiches (please forgive me, all you cardiology types) I have had in a long time. So many memories came flooding back, not the least of which was the night my first daughter, Elisabeth, was born. As many of us did upon completion of medical school at Upstate, I stayed on to do my residency in pediatrics. Those were the Oski-Tunnessen years. In May of my third year of residency, while on call in the peds



Vito J. Losito '85

ICU, I received a call at 4 a.m. from my wife, who was nine months pregnant with our first child. Like a good responsible supervising resident, I told her to sit tight and that I had to stay in the hospital at least through sign-out rounds, and get my interns and med students settled on 4A before I could leave. I made it home mid-morning and was greeted by my not-so-happy wife, took a quick shower, and headed to Crouse labor and delivery. Elisabeth was born at 9:52 pm. Finally, upon reaching the postpartum

floor after midnight (I had now been awake for 40 plus hours), my wife's first request was for pizza! Yes, you guessed it, off I went up to Varsity and got my wife a pizza. Hard to believe that was almost 37 years ago and this year will mark 40 years since we graduated from Upstate. The class of 1985—one of the finest group of people that has ever walked the halls of Weiskotten. I hope you all are doing well, and I invite you all to join me for Reunion weekend for our 40th reunion and maybe we can spend some time reminiscing over a cup of coffee and the best sausage, egg and cheese bagel in Syracuse. And by the way, that first-born daughter of mine and her husband just had their 10 year reunion from Upstate in 2024 and I had to gently put her in her place when she commented about how old she felt."



Everett Mozell '83





Mitchell Zipkin '85 and Sue, Neal Zung '85 and Alice, and Linda Lou and Drew Malloy '85

**Mitchell Zipkin**, of Dix Hills, NY, and wife Sue, along with Alice and **Neal Zung**, took a long overdue cross-country trip to visit Linda Lou and **Drew Malloy** in Santa Cruz this past November. "It was a great week of hiking, wine tasting, enjoying Maggie's home cooking, and of course, catching up. Hard to believe it's been eight years since our last visit. We won't let that much time go by again," he writes.

**Robert E. Lubanski**, of Wilmington, NC, retired from active clinical anesthesiology practice in January. "I spent almost 34 years with Wilmington Anesthesiologists in North Carolina. I will now be looking forward to taking care of myself, splitting time between coastal Wilmington and Naples, FL. My son, Ethan, will be taking my place in my practice," he writes.

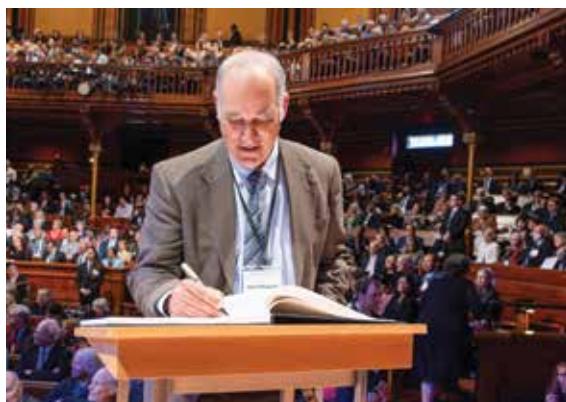
**Peter J. and Jeanine M. Morelli**, of East Setauket, NY, still work at Renaissance School of Medicine at Stony Brook. "We welcomed our second granddaughter, Annika Shea, in August 2024. Peter is leading the Duchenne Muscular Dystrophy Center and involved with gene therapy treatments to those who qualify. Jeanine is busy with the Long Island Guild of the Catholic Medical Association. We are contemplating retiring in the next few years. Peter is obsessed with golf and thrilled to get a volunteer position at this year's Ryder's Cup at Bethpage Black," they write.



Peter J. Morelli '87 and Jeanine M. Morelli '87 with their granddaughters

## 1987

**Mark D'Esposito**, of El Cerrito, CA, was elected to the American Academy of Arts and Sciences. He is distinguished professor in the Helen Wills Neuroscience Institute and Department of Psychology at the University of California, Berkeley.



Mark D'Esposito '87

## 1988

**Brian L. Harper**, of Westbury, NY, has been selected as one of City & State New York-2025's Black Trailblazers. He is vice president, equity and inclusion, chief medical officer, and associate professor in the Department of Clinical Specialties at New York Institute of Technology.



Brian L. Harper '88

## 1989

**Ira Rashbaum**, of Port Washington, NY, is clinical professor at New York University Grossman School of Medicine since 2007 and does the work of the late Dr. John Sarno in mind-body pain disorders. "My eldest son will get married on October 4 at the Brooklyn Botanic Garden," he writes.

**1990 Reunion**  
September 19-20, 2025

# CLASS NOTES

## 1994

**Thanayi Barone-Smith**, of Atlanta, GA, is an assistant professor in the Department of Anesthesiology at Emory University School of Medicine in Atlanta, working at the busy level 1 trauma center, Grady Memorial Hospital. She was recognized in the School's clinical distinctions program as a distinguished physician.

## 1995 Reunion

September 19-20, 2025

## 1998

**Matthew R. DiCaprio**, of Saratoga Springs, NY, was elected in Fall 2022 to serve on the board of directors of the American Board of Orthopaedic Surgery. The board of directors serve a 10-year term striving to enhance the field of orthopaedic surgery and to protect the public. He was elected treasurer of the Musculoskeletal Tumor Society in 2023, an executive track leading to a presidential year of service in 2026-2027. He is the founder and president of the nonprofit Sarcoma Strong Inc., raising funding for sarcoma research and advocating for sarcoma families. The organization has raised more than \$1.2 million in support of sarcoma research since 2015.

## 2000 Reunion

September 19-20, 2025

**Siren R. Chudgar**, of Tampa, FL, started a new role as chief medical officer of IMA Medical Group in the Orlando/Tampa area, a 20-office primary care practice with more than 70 primary care providers focusing on exceptional care for seniors in a Medicare Advantage program.

## 2001

**Jamie Shutter**, of Madeira Beach, FL, now holds leadership roles in eight laboratories across the country.

## 2003

**Vijay S. Ramanath**, of Plano, TX, founded AIC Solutions, a cardiovascular medical device company, currently developing U.S. and internationally patented disruptive technologies.

## 2005 Reunion

September 19-20, 2025

## 2010 Reunion

September 19-20, 2025



R. Matthew Cambareri '14, his wife Dr. Amy Cambareri, and their children, Aria (6) and John (7)

## 2014

**R. Matthew Cambareri**, of Manlius, NY, was inducted into the SUNY Upstate chapter of Alpha Omega Alpha in May 2024. He also received the Society of Teachers of Family Medicine Master Preceptor Award in October 2024. He recently accepted a position at the University of Tennessee Student Health Center and moved with his family to Knoxville, TN.

## 2018

**Melanie A. Hundt**, of New York, NY, graduated from a combined gastroenterology and transplant hepatology fellowship at the University of Southern California in June 2024 and is now an assistant professor of medicine in the division of hepatology at Montefiore Medical Center/Albert Einstein College of Medicine in the Bronx, NY.

## 2015 Reunion

September 19-20, 2025



## PETER HOGENKAMP, MD '93

## A Novel Turn

As a young writer, Peter Hogenkamp, MD '93, received his first rejection letter from *The New Yorker* magazine when he was in the fourth grade. Forty-five years later, he received the letter he'd long been hoping for: a two-book deal from Bookature, an imprint of Hachette Book Group.

In 2019, Dr. Hogenkamp submitted a manuscript to an annual writing competition sponsored by the Killer Nashville International Writers' Conference. His selection as a finalist brought significant attention to his work. "Every author dreams of being picked up by one of the five big publishers," he says.

As luck would have it, another publisher was taking notice of chapters Hogenkamp had posted on a popular writing website that chronicled his training experiences decades earlier at St. Joseph's Hospital. Those chapters formed *The Intern*, which was published by TouchPoint Press in 2020.

With the affirmation of two published books in one year, Hogenkamp hasn't slowed down. He's now the author of five published works, most of them thrillers who have physicians as their main character.

"I read a lot of thrillers, and the characters tend to be very homogenous, usually ex-CIA agents or drunk FBI agents," he says. "I wanted to create a completely different kind of character."

He's currently working on the third book of his Jade Stryker series. The protagonist is a surgeon who ends up on death row. "Readers like series because they become invested in the characters," he says.

Hogenkamp wrote his first novel at 13, a thriller about a guy trying to steal nuclear weapons to end the world.

With his father steering him toward a stable career choice, Hogenkamp went to College of the Holy Cross as a pre-med major. As a senior, his pre-med advisor suggested he take time off before applying to medical school and helped him get a position teaching chemistry at an international preparatory school in Salzburg, Austria. He spent three wonderful years there before matriculating at Upstate.

Despite an initial interest in orthopedic surgery, Hogenkamp repeatedly received feedback that his strengths were in diagnosis and in connecting with patients and turned his focus to primary care.

In his second year, Hogenkamp met Lisa Sayles '94, and the two married after his graduation. They both trained in family medicine at St. Joseph's Hospital and then looked to establish a practice in Vermont.

"Living in the Alps left a big imprint on me," says Hogenkamp. They chose Rutland, in the center of the state, both for its proximity to ski mountains and the community's need for primary care physicians. "We started out working for the local hospital and when Lisa wanted to open our own clinic, they actually helped us build our office."



Peter '93 and Lisa '94 Hogenkamp

As the couple built the practice and raised their growing family, Lisa worked part time while serving as the practice business manager. Hogenkamp saw patients full time, and for years, also provided hospital and nursing home coverage.

He started writing again at 39 after reading that John Grisham wrote his first book by getting up at 4:30 am. "I would write from 4:30 to 6:30 and then start my day," he says.

He's now living his dream life. He and Lisa both see patients two days a week (their practice also includes two nurse practitioners and two PAs), allowing him more time to write. He also hosts a monthly medical show on Vermont public access television that's available on YouTube.

Although he's always been able to connect well with patients, Hogenkamp says writing has improved that skill. "I'm good at explaining things but I've gotten better at it with the practice of communicating ideas in a clear and concise fashion," he says.

And living in a small town, he's just as accessible as ever, even if he's in the office less. "A guy showed me a melanoma on his lower back in between aisles five and six at the Grand Union," Hogenkamp says. "True story."

—Renée Gearhart Levy



# CLASS NOTES

## 2019

**Ellen M. Villafuerte and Clinton C. McCabe '20**, of Hudson, NY, were married in August 2024.



Ellen M. Villafuerte '19 and Clinton C. McCabe '20

## 2022

**Dominic N. Facciponte**, of Lebanon, NH, and wife Halley Evans welcomed their first child, Grover Evans Facciponte. He was born on December 24, 2024, at 7 lbs, 4 oz.



Grover Evans Facciponte, son of Dominic N. Facciponte '22

medicine at Dartmouth Geisel School of Medicine. He completed emergency medicine residency at Upstate.

**Rahul Dudhani HS '17**, of Syracuse, was named chief of surgery at the Syracuse VA Medical Center. He was an Upstate surgery resident from 2012-17. He and his wife, Shawna, have three children: Maya (15), Meera (4), and Malcolm, who was born in May 2024.

**Stuart Trust HS '74**, of Syracuse, NY, shares he is still teaching Foundations of Reasoning in Medicine at Upstate and enjoys his students. His granddaughter, Sarah Trust, is a nurse in



Stuart Trust's great grandchildren

the pediatric hematology/oncology clinic at the Upstate Cancer Center and her husband, **Manu K. Arul '18**, was a surgery resident at Upstate and just started to practice, specializing in robotic surgery. Trust did his pediatrics residency at Upstate.

## Residents

**Nicholas Cochran-Caggiano, HS '24**, of North Haven, CT, will complete his EMS fellowship at Yale in spring 2025 and begin as an assistant professor of emergency



Stuart Trust having lunch with his Foundations of Reasoning in Medicine class

## Rochester Happy Hour

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Suite 7000  
Rochester, NY 14607



SAVE THE DATE  
**Boston Happy Hour**  
JUNE 12, 2025





# I N M E M O R I A M

## 1954

**WILLIAM L. HINDS**, of Houston, TX, died July 23, 2024. While in medical school, Dr. Hinds enlisted in the U.S. Air Force medical ROTC program and was commissioned as a first lieutenant. He served a rotating internship at Fitzsimons Army Hospital in Denver, CO, from 1954-1955 and was promoted to captain in the U.S. Air Force. He returned to Upstate where he completed a three-year residency in radiology and nuclear medicine from 1955-1958 and then was certified by the American Board of Radiology. He spent the next five years as a staff radiologist in the U.S. Air Force. In 1963, he resigned his regular commission and joined the Diagnostic Clinic of Houston, where he practiced radiology for 31 years, retiring in 1994. Hinds was survived by his children, William, Jeffrey, Cheryl, Stephanie, and Denise; five grandchildren; and seven great grandchildren.

## 1955

**IRVING H. GOLDMAN**, of Jamesville, NY, died in November 2024. Dr. Goldman was a surgeon and urologist who joined his father's medical practice that was first established in the 1920s. He served as a clinical professor of urology at Upstate Medical University, chief of urology, and president of the medical staff at Crouse Hospital. He served in the U.S. Army Medical Corps as a doctor and attained the rank of major before retiring. In later years, he was an active supporter of the Menorah Park Continuing Care facility, the successor to the Syracuse Jewish Home, an institution founded in part by his grandfather, Marx. Goldman was survived by his wife, Dorothy; sons **Marcus Goldman '86** and Harold; daughter Jennifer; eight grandchildren; and two great granddaughters.

## 1958

**DONN J. BRASCHO**, of Cropwell, AL, died January 1. Dr. Brascho interned at Fitzsimons General Army Hospital and completed a residency in general radiology at Brooke General Army Hospital in San Antonio in 1962. As a general radiologist in the military, he served with distinction, including a pivotal tour in Korea as the radiology consultant in the 8th Army Command. From 1962-1966 he made his

mark in radiology and radiation oncology in the Army Medical Corps. After completing his military service, he joined the Department of Radiation Oncology at the University of Alabama at Birmingham, where he led the radiation oncology residency program and was principal investigator of the NCI Cancer education grant. He was the first radiation oncologist to adopt diagnostic ultrasound technology for three-dimensional radiation treatment, planning a groundbreaking initiative that preceded the advent of CT Scanning. In 1987, he transitioned to private practice, channeling his wealth of experience and innovation into the design of the Gadsden Regional Cancer Center. In 1999, he built another successful practice as director of radiation oncology at the Marshall Medical Center in Boaz, AL, until September 2006. Upon retirement, he provided locum tenens coverage in Alabama, Arkansas, Georgia, Tennessee, South Dakota and Nebraska, providing oncology services in 32 radiation oncology departments for the next 11 years. Brascho was survived by his children, Brock, Jace, Brad, Kent, Jill, and Joy; 14 grandchildren; and seven great-grandchildren.

**ROBERT S. CHAVKIN**, of Victor, NY, died November 22, 2024. Dr. Chavkin joined the U.S. Air Force and served as a captain while stationed in Tucson, AZ. Following his discharge, he returned to Syracuse where he entered private practice as a pediatrician. In 1991, he accepted a position at the Jordan Health Center in Rochester. He served at Jordan Health for 32 years as a pediatrician, chief of pediatrics, interim director, and assistant to the medical director. He retired for the final time in 2022. He also served as a Brigade Surgeon for the 27th Brigade Tenth Mountain Division (LI) of the New York Army National Guard, retiring with the rank of lieutenant colonel in 1994. Chavkin was survived by his children, Nisan, Amy, Lynda, and Brian; five grandchildren; and one great-granddaughter.

**JOHN J. GORMAN**, of Schenectady, NY, died May 5, 2024. Dr. Gorman was drafted into the Army and served his country at the Army Medical Research Lab in Fort Knox, KY. He completed his residency at Upstate specializing in radiology. He returned to Schenectady where he did his fellowship and began work as a radiologist and associate professor of radiology at Albany Medical Center. In 1965, he joined St.

Clare's Hospital, beginning a long and distinguished career of more than 30 years in the x-ray department. He served as chief of radiology and diagnostic imaging before retiring in 1997. Gorman was survived by his wife, Marie; children Rich, Kathy, Maureen, Eileen, Colleen, Tim, and Christine; 25 grandchildren; two step-grandchildren; seven great-grandchildren; and six step-grandchildren.

**MARTIN L. NUSYNOWITZ**, of League City, TX, died March 18, 2024. Dr. Nusynowitz joined the military for his residency in internal medicine. In the U.S. Army, he received training in nuclear medicine and became a giant in his field, establishing the nation's first training program for the discipline. He was stationed at Letterman Hospital in San Francisco, Tripler Hospital in Honolulu, and William Beaumont Hospital at Ft. Bliss, where he established his reputation as a brilliant diagnostician and respected leader. He retired in 1977 as colonel. He then joined the faculty of UT Health Science Center San Antonio as a tenured full professor and later transferred to the UT Medical Branch in Galveston, where he led the division of nuclear medicine. He retired in 2008 at age 75. Nusynowitz was survived by his wife, Susan; children Russell and Leah; seven grandchildren; three stepchildren; and seven step-grandchildren.

**DAVID S. PEARLMAN**, of Englewood, CO, died January 31, 2024. Dr. Pearlman was a pioneer in the development of modern allergy and asthma medicine. He was co-founder of Colorado Allergy and Asthma Centers, which today serve more than 48,000 patients. Since the clinic's founding in 1972, Pearlman was a principal investigator in the Denver research location, participating in nearly a thousand clinical pharmacotherapeutic trials. Pearlman was survived by his wife, Doris; son Michael; daughter Melanie; and two grandchildren.

# IN MEMORIAM

## 1960

**LEONARD LEVY**, of DeWitt, NY, died January 8. Dr. Levy did his pediatric training at Cleveland Metro Health from 1960-1963. He was a captain in the U.S. Army Reserve Military Corp, serving as chief of pediatrics at the U.S. Army Hospital in Ft. Polk, LA, from 1960-1965. After service, he went into private practice of pediatrics in Syracuse and Fayetteville, NY, until his retirement in 2013. He was chair of the Department of Pediatrics at Community General Hospital, clinical associate professor in the Department of Pediatrics at Upstate Medical University, and a school physician in the Syracuse City School District. Levy was survived by his son, Joel; daughters Miriam and Cheryl; three granddaughters; nine great-grandchildren; and his brother, Dr. Gary Levy.

**ROGER DADY MOORE**, of Clinton, NY, died February 11. Dr. Moore moved to Clinton in 1962 and bought a house where he established an office for his medical practice and where he and his wife raised their six children. He was a dedicated family doctor, making house calls and treating patients at any hour for more than 40 years. He helped establish the family practice residency program at Saint Elizabeth's Hospital. He also served as physician for the Clinton Central School and provided medical services for Hamilton College. His volunteer work included serving as medical director for the Abraham House in Utica, a home for end-of-life care. He made weekly deliveries of fresh produce from his garden to the Hope House, a daytime shelter and soup kitchen. He was an award-winning prolific artist, with his painting career spanning more than 70 years. Moore donated his body to the Upstate Medical University Anatomical Gift Program. He was predeceased by his beloved wife, Joanna. He was survived by his children, Walter, Helen, Ruth, Ben, Maria and Elizabeth; and 10 grandchildren.

## 1963

**BENJAMIN CHARLES BONARIGO**, of Tarpon Springs, FL, died October 30, 2024. Dr. Bonarigo completed his residency in diagnostic radiology and nuclear medicine at Georgetown University and the University of Rochester. While completing his residency, he was called to

serve his country at the Great Lakes Naval Hospital from 1967 to 1969 and became the youngest commander in the U.S. Navy. Following his service, he began a 30-year career practicing radiology, serving as chief of radiology at Southside Hospital in Youngstown, OH; chief of radiology at East Liverpool Hospital, in East Liverpool, OH; chief of radiology at DePaul Hospital in Norfolk, VA; and chief of radiology at Aliquippa Hospital, in Aliquippa, PA. Near the end of his career he moved to Tarpon Springs, FL, where he continued to practice radiology at Countryside Hospital until his retirement in 2000. Bonarigo was survived by his wife, Carol; children Marc, Britt, and Gina; and one grandchild.

**JANICE OLSZOWKA**, of River Forest, IL, died November 23, 2024. Dr. Olszowka was a staff anesthesiologist at the Buffalo Veterans Administration Hospital and clinical assistant professor of anesthesiology at SUNY Buffalo Medical School, where she served on the admissions committee. Olszowka was survived by her sons, Peter and Paul; and five grandchildren.

**EDWARD DAVID SUGARMAN**, of Wake Forest, NC, died June 10, 2023. Dr. Sugarman joined the U.S. Air Force in 1950 and retired from the U.S. Army with the rank of colonel following 24 years of combined active and reserve duty. During his military service, he served in intelligence, navigational, and medical positions. He spent most of his professional career in Syracuse, where he was in private practice as an orthopedic surgeon from 1968-1996. From 1980-1985 he served as chair of orthopedic surgery at Community General Hospital, where he was attending surgeon for nearly 30 years. He completed his residency at Shriners Children's Hospital in Boston, which may have been the inspiration behind his development of Three Foot High, a teaching program for preschoolers that allowed children to learn about and view the hospital from their own perspective rather than that of an adult. Sugarman was an inventor, researcher, and holder of multiple patents in multiple countries. He was survived by his children, Helen, Diane, and Jack; and three grandchildren.

## 1964

**ROBERT F. AGNEW**, of Fargo, ND, died December 15, 2024. Dr. Agnew served in the U.S. Army and then moved to Fargo, ND, where he became the second heart surgeon in North Dakota. Agnew was survived by his daughters, Susan, Debbie, Pam, Karen, Patty, Becky, and Heather; sons Gaillin, Stephen, James, and Eduardo; honorary daughter Doris; additional foster children; 19 grandchildren; and multiple great-grandchildren.

**FRANKLIN G. REED**, of Walbridge, OH, died November 29, 2024. Dr. Reed was a psychiatrist for various institutions and in private practice for more than 30 years. Reed was survived by his wife, Margaret; daughters Christine and Natasha; and six grandchildren.

## 1965

**STEPHEN J. WILSON**, of Westlake Village, CA, died March 1, 2024. Dr. Wilson was born and raised in Syracuse and graduated from Cornell University in 1961. He served in the Peace Corps in Guyana from 1966-1968, and practiced psychiatry in Southern California for nearly 45 years, retiring prior to the pandemic. Wilson was survived by his daughter, Leigh; son Eric; and grandchildren Benjamin, Asher, Zoe, and Jonah.

## 1968

**REAR ADMIRAL ROBERT BENSON HALDER**, of Bonsall, CA, died January 6. Dr. Halder entered the U.S. Navy in December 1968 and served in the Medical Corps until his retirement in July 1992 as commanding officer at Naval Hospital San Diego. His other commands included Naval Hospital Naples, Italy, and Naval Medical Command, Southwest Region, San Diego. Halder had a stellar career in the Medical Corps. He was a tireless and vocal advocate for constantly improving the quality of medical care, both before and after retirement. He started as a flight surgeon before specializing in ophthalmology, but his leadership and administrative skills soon led him to positions as clinic director, executive officer, and then command. Most of his career was on the West Coast, where his outsized personality



made him well known throughout the community. Halder was survived by his wife, Marilyn; and family.

**MARTIN BARRY KLEIMAN**, of Carmel, IN, died January 31. Dr. Kleiman served as an officer in the U.S. Army, treating ill and injured children at the Walter Reed Medical Center on the military base. He then completed formal training in pediatric infectious disease at the Johns Hopkins Children's Center. In 1976, he was recruited by Riley Hospital for Children in Indianapolis, IN. There, he founded the division of pediatric infectious diseases and became known as a brilliant clinician who was deeply committed to education and mentorship. He trained thousands of fellows, residents, and medical students. Kleiman's famous teaching on rounds, "No matter what, always do what is right for the child." In 1980, Kleiman was on the national stage due to his relationship with Ryan White, who became the face of the AIDS epidemic after contracting HIV from a contaminated blood transfusion. He became Ryan's primary physician after diagnosing him in 1984 up and until his death in 1994. He educated the public that HIV should not restrict one from attending school or living a regular life. Subsequently, Indiana University Dance Marathon has raised more than \$56 million dollars, which helped create the Ryan White Center for Pediatric Infectious Diseases and Global Health as well as the Ryan White Endowed Chair in Pediatric Infectious Diseases. Kleiman was survived by his wife, Maria; children Zachary, Sarah, and Emily; and three grandchildren.

**EARL C. WELLINGTON**, of Harlingen, TX, died October 23, 2024. Dr. Wellington began a career of service to his country and community as a major in the U.S. Air Force and as a physician. He practiced medicine for more than 50 years, including as an internist at Baylor Scott and White and Valley Diagnostic Clinic and as the chief medical officer at Harlingen Veterans Affairs Clinic. Following retirement from the VA, he traveled domestically and internationally, serving as a locum tenens physician in understaffed hospitals and volunteering with international aid organizations. Wellington was survived by his wife, Mayra; daughter Nikki; son Josh; and one granddaughter.

## 1970

**RAYMOND F. SABATELLI**, of Great Barrington, MA, died November 14, 2024. Dr. Sabatelli completed an internship at Albany Medical Center and then practiced in the Berkshires. After working a brief time at Suburban Medical Center, he started a private practice from his home in Lee and made house calls from his Land Cruiser, which became a signature of his care. During this time, he also worked evenings in the emergency room at Fairview Hospital, where he dedicated the next 48 years. In 1976, he joined the Fairview medical staff, becoming one of the first physicians in the region to dedicate his career to emergency medicine on a full-time basis. He soon became the director of the Fairview Emergency Room and the first physician in Berkshire County to earn certification from the American Board of Emergency Medicine, and was re-certified three additional times over his years in practice. He provided care to Kolburne and Eagleton Schools, Crane Lake Summer Camp, and at Fairview's Center for Wound Care and Hyperbaric Medicine until his full retirement in 2024. Sabatelli was survived by his family: Shannon, Trey, Alix, Serena, Keith, and Elayne; and five grandchildren.

## 1972

**ROBERT J. RASKEN**, of Fort Lauderdale, FL, died November 16, 2024. Dr. Rasken was a distinguished cardiologist practicing at Mt. Sinai Hospital and Aventura Hospital in Miami before starting Aventura Heart Center. He was regarded as a compassionate practitioner who always had time for his patients. Rasken was survived by his sons, Adam and Andrew; daughter Valerie; and seven grandchildren.

## 1974

**PHILIP M. GUILIANO**, of Chester, NJ, died November 24, 2024. Dr. Guiliano worked as a family physician for 42 years before retiring in 2017. After retirement, he continued to research medicine and current advances in healthcare. Guiliano was survived by his wife, Susan; daughter Stephanie; and two grandchildren.

## 1976

**STEVEN J. GOLDSTEIN**, of New York, NY, died January 31, 2023. Dr. Goldstein was a pediatrician and volunteered for LGBTQ causes. He was survived by his spouse, James Saslow; and many cousins.

## 1980

**THEODORE J. MANIATIS**, of Staten Island, NY, died in April 2023. Dr. Maniatis completed his pulmonary fellowship training at the University of Medicine and Dentistry of New Jersey. He was part of the first group of physicians to become critical care certified and held other certifications in internal and pulmonary medicine. He served as a member of the SIUH medical staff since 1985 and held roles including chair of medicine. He also established the institution's critical care system in its modern state. Maniatis was a leader on the front lines against the COVID-19 pandemic. He stepped down from his position as SIUH medical director in January 2023 but continued to see patients at his pulmonary specialty practice as a member of Northwell Health Physician Partners. Maniatis was survived by his wife, Lorraine; son Gregory; and grandchildren.

## 1983

**KENNETH M. HOFFMAN**, of Taunton, MA, died February 7. Dr. Hoffman completed his residency at the University of Miami. His career brought him to St. Vincent's Hospital in Worcester, and most recently, to Milford Regional Medical Center in Milford, MA. Hoffman was survived by his wife, Diane; children Bridget, Christopher, Seanna, Victoria, Shiloh, Matthew, and Jonathan; five grandchildren; and his parents, Kenneth and Ann Hoffman.

## 1988

**DARREN S. HARPER**, of Brooklyn, NY, died September 17, 2022. Dr. Harper continued his medical education through an internship at Columbia University and Harlem Hospital and a residency program at Kings County Hospital and SUNY Health

# IN MEMORIAM

## 2003

Science Center at Brooklyn. He had a special interest in African American studies, and as part of his medical training, educated himself on African American health disparities. He started his own medical practice in Brooklyn, NY, and also served as the associate chairperson of the Department of Family Medicine at Wyckoff Heights Medical Center in New York. He was the president of the Brooklyn Branch of the National Medical Association, the largest and oldest national organization representing African American physicians. In 2005, he moved to Atlanta, and joined Morehouse School of Medicine as medical director of the Department of Family Medicine, community liaison, and served as assistant professor of family medicine. He served as a primary care doctor treating patients in Lithonia and Decatur, GA. Harper was survived by his children, Nia, Kamau, and Malik; his mother, Althea; brothers Dennis and **Brian L. Harper '88**; and seven grandchildren.

**JAMES L. RICE**, of Maryland, NY, died October 27, 2024. Dr. Rice completed his emergency medicine residency at Geisinger Medical Center and started his career at A.O. Fox Hospital in Oneonta, NY. After a few years, he landed at the Tri-Town Hospital in Sidney, NY, where he served as the emergency department director. He most recently was an emergency physician for the University of Vermont at their Ticonderoga and Elizabethtown emergency departments. Rice was survived by his wife, Carrie; sons PJ and Nixon; and his parents, Jim and Sandy Rice.

**RICHARD K. SHEEHAN**, of Fayetteville, NY, died February 19. Dr. Sheehan attended Georgetown Medical School and completed his residency training at St Joseph's Hospital in Syracuse. Thereafter, he completed his fellowship at Strong Memorial Hospital in Rochester, NY. He then opened a practice in pediatric and adult allergy in 1963 in Syracuse. He had a long and prosperous 40-year career and retired in 2002, proudly leaving the practice to his son Michael. Sheehan was survived by his wife, Antoinette; sons **Michael Sheehan '84** and Mark; and three grandchildren.

## 2007

**BRIAN C. WOOD**, of Fort Worth, TX, died March 28, 2023. Dr. Wood's main hobby was reading. He was a man of great faith and a devout Christian. Wood was survived by his parents, Maria and Michael Babula; brothers Michael and Matthew; and four nieces.

## Faculty

**FAUD SALIM FARAH**, of Liverpool, NY, died November 11, 2024. Dr. Farah went to the American University of Beirut, Lebanon, graduating with an MD degree, where he also completed training in internal medicine and dermatology. He received a Rockefeller Foundation scholarship and learned state-of-the-art research techniques in immunology at Washington University School of Medicine in St. Louis, MO. Returning to Lebanon, he quickly rose to national and international prominence, both for his scientific research and clinical skills. The civil war in Lebanon brought Farah and his family to America. They immigrated to Syracuse in 1976 and the Central New York Community adopted the Farahs wholeheartedly. He became division chief of dermatology at Upstate Medical University for several decades and continued to teach and serve the community. He trained, inspired, and mentored many generations of physicians and medical students and touched many thousands of individuals as his patients. Farah was survived by his wife, Mona; sons Richard, Ronald, and **Ramsay S. Farah '95**; daughter **Joyce B. Farah '01**; and six grandchildren.

## 1993

**DARVIN J. VARON**, of Jamesville, NY, died February 20. Dr. Varon completed his psychiatry internship at Long Island Jewish/Hillside Hospital and PGY2-PGY4 residency requirements at Upstate Medical University. He worked for many years on the inpatient unit of the Richard H. Hutchings Psychiatric Center in Syracuse. He was a distinguished fellow of the American Psychiatric Association and donated considerable time to lobbying state and national agencies about mental health issues. Varon was survived by his Biggs cousins, Joe, Wesley, and Noel; cousins Roland, Robert, Lynn, Alex and Danielle; and life partner, Dr. Elinor Spring-Mills.

## Resident

**JOSEPH D. LASZLO**, of Wall, NJ, died November 13, 2024. Dr. Laszlo was drafted into the U.S. Army. He was recruited into the Honor Guard in Washington, DC, and was later deployed to Korea, where he spent 11 months on the line while advancing to the rank of corporal. He attended medical school at Gutenberg University in Mainz, Germany, earning an MD and a PhD in medicine. Returning to the U.S., he completed a one-year rotating internship at Fitkin/Jersey Shore Medical Center in New Jersey. He then joined the Peace Corps and was a doctor in Sokodé, Togo, where he treated villagers for tropical diseases. Upon his return, he completed his residency in OB/GYN at Upstate Medical University. Laszlo began a private practice in Freehold, NJ, and began a long-distinguished career at Jersey Shore Medical Center. For 45 years he taught residents, operated, saw patients, worked in clinics, and spent several years as chief of the Department of OB/GYN. Laszlo was survived by his wife, Jan; daughters Meika and Heather; and three grandchildren.

## 1999

**A. REAUELLE KING**, of Draper, UT, died January 17. Dr. King started her career in family medicine before finding her passion in sleep, helping others sleep well. King was survived by her husband, Jeff; sons Jon, Andrew and Rhett; her mother, Suzanne King; and in-laws, Donald and Capri King.





# IT'S A MATCH!

**O**n March 21, 160 fourth-year Upstate medical students joined graduating medical students from across the country in celebrating Match Day. This annual rite of passage provides a common time for fourth-year medical students to learn where they will spend their first year of training (or residency) in their chosen specialty.

**At Upstate Medical University:**

■ 82 medical students will enter the primary care specialties of internal medicine (42 students), pediatrics (13 students), family medicine (17 students), medicine/pediatrics (four students) and obstetrics and gynecology (six students).

■ 91 students will remain in New York state

■ 23 students will remain in Syracuse: 19 at Upstate University Hospital and four at St. Joseph's Health.

Nearly all—99 percent—of Upstate's medical students were matched.

"Residency is maybe the most significant period for a doctor because it's so intensive," says Norton College of Medicine Dean Lawrence Chin. "The Match Day celebration with family and friends is a perfect way to showcase this amazing accomplishment in a medical student's life."





**UPSTATE MEDICAL ALUMNI FOUNDATION**

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**150TH REUNION WEEKEND**

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Make your hotel reservations early!

[medalumni.upstate.edu/reunion](http://medalumni.upstate.edu/reunion)

