

Search...

Quicklinks

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Like

11k

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ADMISSIONS

ACADEMICS

STUDENT LIFE

ATHLETICS

ABOUT UNE

RESEARCH

ALUMNI & FRIENDS

COM OFFICE OF CONSTITUENT SERVICES

Meet Our Staff

What We Do

COM Admissions

White Coat Ceremony

Newsletters

Student Organizations

Frequently Asked Questions

Orientation

Senior Week

Student Health Insurance

NBOME Information

COM Alumni

UNE Home / College of Osteopathic Medicine / Office of Constituent Services / New sletters



The COMMunicator e-Newsletter

Medicine · Research · Osteopathy · Healthcare · Community
 UNECOM Maine's Medical School

November - December 2013

In this Issue--

- [Message from the Dean](#)
- [News & Events](#)
- [Faculty, Staff & Students](#)
- [Student Clubs & Organizations](#)
- [Fellowship & Scholarship Opportunities](#)
- [Alumni Notes](#)
- [Save the Date](#)
- [Hail & Farewell](#)

UNECOM Faculty Highlight

Stay tuned...

Message from the Dean

Douglas L. Wood, DO, PhD, FACOI, Vice President for Health Affairs and Dean of the College of Osteopathic Medicine

"The End of the Beginning"

Many years ago, one of the first of the movies concerned with space travel ended with the phrase "The end of the beginning." This movie was shown within the early days of space travel, and to think how far we have progressed in that area is far beyond what was initially projected. Thus, as the movie demonstrated, we knew how to get into outer space, but had much more to do. Thus, "The end of the beginning."



Dean Douglas L. Wood, DO

So, what does this have to do with UNE and the College of Osteopathic Medicine? From my perspective, there are many parallels between the early space era and where we currently find ourselves within the University and COM. Over the past few years, COM has made considerable strides in innovation in medical education, but there is much more to do. As I had previously written, my sincere thanks go out to all of you who have been part of the changes in UNECOM. As I think about medical education and think about how much we have to do, I feel that it is fair to classify where we are now as "The end of the beginning." I also feel the same about the University in that considerable progress has been made over the past few years and we now have a firm foundation from which we can move into the future. Dr. Ripich and many others deserve much credit for moving us forward.

“The Preeminent College of Osteopathic Medicine”

I feel that the future of UNECOM can be described in those few words. It is important to remember that from what I have found, there would be only one preeminent college of osteopathic medicine.

So, how does one describe the preeminent college of osteopathic medicine? To some extent, that depends on how one frames such a college. I like to think about it from a general rather than any specific way. The foundation of such a medical school would be, first and foremost, patient-oriented, for when one thinks carefully about health care it is about the well-being of the patient. Next, it would be learning centered within which we all learn from each other, students from learning facilitators (a/k/a professors, instructors, and teachers), students from each other, and faculty from students. Finally, I feel that we need to think of medical education as a system, which it certainly is. It seems to me if we look at it as a system we would end up with an entity, which is much more efficient and effective.

Beyond the foundation, the preeminent COM would consist of excellent learning facilitators, be they Ph.D.s, physicians, standardized patients, support staff and many others. Within this group of individuals, excellence must be continually promoted. Also, excellent students would attend this COM. They would have broad based backgrounds, excellent academic performance before entering medical school and a deep-seated desire to become an osteopathic physician. Finally, the COM being described would have excellent facilities, which have been constructed to facilitate learning.

There is much more to the medical school we will construct, so more to come in later editions of the COMMunicator.

My best to all of you over the Holiday Season and beyond!

News & Events

2013 Region VII Student National Medical Association Regional Conference

Diversity in Medicine: Innovation, Global Health, and Osteopathy
By Eneida Miranda, OMS II, UNECOM SNMA President



Student National Medical Association

The University of New England College of Osteopathic Medicine chapter of the Student National Medical Association hosted this year's SNMA Region VII Conference: Diversity in Medicine: Innovation, Global Health, and Osteopathy. The medical education conference was held on November 16, 2013 on the UNE Biddeford campus. The day was filled with activities and lectures that explored diversity, global health, and osteopathy as they pertain to the field of medicine.

Student National Medical Association focuses on promoting diversity and multicultural competencies in medicine. The

[Enlarge this photo](#)

organization's goal is to increase the number of clinically excellent, culturally competent and socially conscious physicians. As the climate of the world is constantly changing and evolving, so too must the face of medicine. It is becoming widely apparent that the merging of both the traditional allopathic disciplines with the more "hands-on" nature of the osteopathic principles will be of great benefit to our future patients. Thus, the theme of this year's regional conference focused on congregating a diverse group of individuals to formulate ideas on the future of medicine, both locally and abroad.



[Enlarge this photo](#)



With over 100 high school, undergraduate, and medical students from the New England region in attendance, the conference was a success. Lecturers included UNE's very own Dr. Stephen Goldbas and Dr. Edward Bilsky, as well as physicians from around the country, including Dr. Dralves Edwards, an SNMA Professional Board Member, and Dr. Michael Byrd, instructor and senior research scientist at Harvard School of Public Health. Topics centered on the issues of healthcare disparities and ideas as to how we as future physicians can work to improve these issues were covered by Dr. Edwards and Dr. Byrd. The conference concluded with an introduction to athletic dance led by Dr. Goldbas. This was the second time UNECOM has held the regional conference since 2005, and it could not have gone any better! The students who were in attendance were very pleased with the outcome. For additional SNMA photos visit our [facebook page](#).



Dr. Edwards discusses "What They Didn't Tell You in Medical School"

UNE Joining Forces on Veteran's Day

On November 11, 2013 (Veterans Day), the University of New England suspended classes, to pay tribute to the sentiment of the day. The College of Osteopathic Medicine constructed a special program dealing specifically with health concerns of veterans returning from service in combat zones. COM sessions, dedicated to our servicemen and women, helped students to learn how to recognize and address PTSD in patients, provided an overview of traumatic brain injuries and what is the role of the osteopathic physician in supporting service members and veteran health and healing. Special presenting guests included: Colonel William Bograkos, DO '85, Stephen Wyatt, DO, Janet Keith, OTR/L, CCM, Stephen Goldbas, DO, '91, Jim Doherty, Togas VA, Student Service Member, April Bergeron, OMS II. [Watch WMTW channel 8 video!](#)



April Bergeron, OMS II



Stephen Goldbas, DO '91, and William Borgrakos, DO '85 demonstrate an OMM procedure with UNECOM students.

Boots to the Ground 5K

"If you fall behind, run faster. Never give up, never surrender, and rise up against the odds" - Jesse Jackson

Article by April Elizabeth Bergeron, OMS II

On October 27, 2013 The

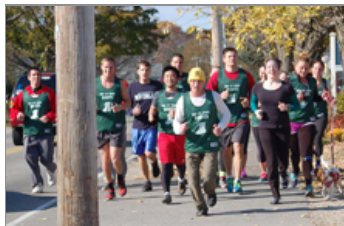
[Enlarge this photo](#)

University of New England College of Osteopathic Medicine hosted the first annual Boots to the Ground 5K in Kennebunk, Maine.

This event was developed by students to raise money for fellow classmate Will "Boots" Fisher.

Boots was diagnosed with Non-Hodgkin's Lymphoma, and has shown incredible courage and grace since the diagnosis. The event was a huge success! It was

a beautiful day to run along the beach of Kennebunk. The Old Vine Wine Bar graciously opened their doors at 8:00 am on a Sunday for registration and to welcome runners and volunteers. In total, we had 81 people run the race, including Boots and his brother. It was truly inspirational to watch Boots cross the finish line, with nearly 100 people cheering him on. The



Boots heads for the finish line (Boots photos by Jeani Reagan)

event helped raise over \$2,000 to help Boots and his family with medical costs, and was sponsored by Brady Screenprint and Embroidery and the UNE Student Association of Military Osteopathic Physicians and Surgeons, of which Boots was president before his diagnosis. The Boots to the Ground 5K will become a yearly event, with the money raised going to the Leukemia and Lymphoma Society once Boots is healthy.



[See our facebook page for additional photos.](#)

To view Boots' donation page visit: <https://www.runreg.com/Net/boots-to-the-ground>



Boots to the Ground 5K participants!

Hairs to you Movember!

Article by Andrew Stegemann, OMS II, and Clayton Brittingham, OMS II

Fifty-five men, also known as MoBros, in the first and second year class at University of New England College of Osteopathic Medicine (UNECOM) grew out their facial hair for the month of November. This annual tradition, termed "Movember", is an international effort to raise awareness and funds for men's health issues surrounding testicular cancer, prostate cancer, and mental health challenges. The Student Osteopathic Surgical Association (SOSA) at UNECOM organized a Movember campaign, which included a raffle and



L-R: Clayton Brittingham and Brandon Giberson (aka Man of Movember)

mustache judging competition. Aside from growing facial hair, these men of Movember also participated in fundraising efforts. Thanks to their hard work, the UNECOM team raised approximately \$2,027 towards the Movember movement. Furthermore, due to the generosity of local businesses, including Run of the Mill and The Front Porch Restaurant, our Movember raffle raised an additional \$202. The mustache judging competition took place on Monday, December 2 and consisted of four categories including Bushiest MoBro, Lamo MoBro (describing the individual with the least amount of facial hair growth), Creepiest Mobro, and GQ MoBro (describing the individual with the best groomed facial hair). After careful consideration, our judges were able to come to a decision awarding titles to Andrew Stegemann, Travis Bouchard, Aaron Bloom, and Tom Burgess, respectively. Brandon Giberson won MoBro of Movember as the individual who raised the most money. Visit our [facebook page](#) for additional Movember photos.



MoBro Judges Table



Men of November

Faculty, Staff & Students

The Beginning of Medical School

By First year medical student, Kasturi Malaviya

While this is the busiest I have been, I somehow have time to be part of the medical school A Capella group as well as the LGBT club. I allocate some time to write and I make sure to call my family and friends from back home. Most importantly, I set aside time to bake cookies or some dessert (to keep me going through the reading). Every once in a while, I go out with my new friends for some dancing or a beer, which only serves to prove that we have a lot more time in the day than we think. I take advantage of every bit of free time I have. Usually, my weekends are spent reading books and studying anatomy, and I walk into school Monday morning knowing that I am a tiny bit more knowledgeable. It might just be this productive busy-ness that is the source of my happiness.



Kasturi Malaviya, OMSI

When I first saw the amount of information we needed to know for the block exam, my initial reaction was "there is NO way a human can memorize/know all this!" But by the time exam week came along, all the studying paid off and we somehow learned everything. I have gained an appreciation for the human brain for being able to fit this insane amount of information. My definition of hard work has definitely changed after starting medical school. I noticed that sometimes I studied to a point where my brain hurt, yet I still felt behind in school. The days I thought I couldn't be busier or that I couldn't study any longer, I pushed myself to study even more. Thankfully, I saw improvement. That is one of the most important lessons I have learned in medical school: you can always work harder, no matter how hard you think you are already working. We are capable of a lot more than we think. Watching my peers study (hours and hours of focused studying) is a big source of my motivation. I thought I studied a lot until I saw some of my classmates. That is a part of what makes medical school so wonderful. Everyone has a similar goal, and everyone works really hard. Unlike before, I do not feel like I am the only one sitting in my room to study on a Friday night! It's a world full of nerds. Its lovely. That sums up my first block of medical school. Now let's see if I make it through the next.

Building Better Lives and Stronger Communities

Marilyn R. Gugliucci, Ph.D., Professor, UNECOM Department of Geriatric Medicine, was the keynote presenter at The Opportunity Alliance Senior Volunteers, Foster Grandparents, and Senior Companions Annual Meeting held in Portland ME on November 1st. There were 125 older adults in attendance, the oldest was 91 who drove from Bridgton ME for the meeting and was celebrating 19 years as a Foster Grandparent for at risk youths. The Opportunity Alliance works with people to build better lives and stronger communities. They provide advocacy, leadership, and support to identify and address the needs of



individuals, families, and communities. Dr. Gugliucci's keynote address was focused on gerotranscendence – rising above past paradigms and challenging negative societal views of aging. She had a fabulous time!

Ed Bilsky Receives Career/Lifetime Achievement Award

Edward Bilsky, Ph.D., University of New England's vice president for Research and Scholarship, professor of pharmacology, and director for the Center for Excellence in the Neurosciences, recently received the Career/Lifetime Achievement Award from the Faculty for Undergraduate Neuroscience (FUN) at the FUN Social and Poster Session during the Society for Neuroscience's annual meeting.



The highest honor given by FUN, the award recognizes individuals who have made outstanding efforts on behalf of undergraduate neuroscience education and research. Such outstanding efforts may include singular achievements that have provided wide benefit to the undergraduate neuroscience community or sustained efforts across years. Awards are made based on peer nominations.

In addition, **Dr. Bilsky** has been an ardent supporter of student-centered scholarship, actively engaging undergraduate and graduate students in his academic research for over 16 years. He has opened up numerous clinical and basic science research opportunities for UNE students in Maine and the United States, and has been a vital leader in facilitating biomedical and osteopathic research opportunities at UNE. His laboratory has contributed to over 70 peer-reviewed publications and hundreds of scientific presentations in the fields of neuroscience and pharmacology, many of them involving student co-authors.

Alex Skorput (UNE '08), a 5th year Ph.D. candidate at Dartmouth College says the following about his undergraduate experience with Dr. Bilsky at UNE: "I find myself involved in science I did not know existed the day I walked into Dr. Bilsky's office, and I could not see myself doing anything else. If it had not been for Dr. Bilsky's willingness to go beyond, not only by allowing me into his busy laboratory, but also subsequently through his diligent mentorship, I would not be where I am today." **Denise Giuvelis (UNE '08)** adds "knowing that he appreciates my unique strengths and qualities has motivated me to work that much harder for him, to take his advice and challenges seriously, and to grow tremendously over my formal undergraduate education and as a full-time employee. He continuously challenges me to take on new responsibilities while also balancing this with respect for my own limits and career aspirations".

Student Clubs & Organizations

2013 CHILI BOWL finds 2nd Year COM Students Victorious!

By Bethany Charron, OMS I, and Christopher Talbot, OMS I

The 2013 UNECOM Chili Bowl was held on November 9th this year, on a typical Maine autumn morning at Rotary Park in Biddeford. The annual flag football game between OMS-I and OMS-II students brought out the best competition from the classes of 2016 and 2017, as well as through a chili cook-off. The event was organized by the Sports Medicine and Orthopedics interest group and raised money through shirt sales for a local high school



First Years' Plan their Attack

scholarship. Over 60 students played in the game and 14 kinds of chili were entered into the competition. The class of 2016 found victory by winning 24 to 6 over the first-years. However, OMS-I David Drozda beat out the chili competition with his classic chili recipe. Overall, the event was a great success and the organizers thank everyone who came out to participate and support the event. [See our facebook page for additional Chili Bowl photos.](#)



Class of 2016 & 2017 Chili Bowl

Keeping the Flu at Bay

This month, first and second-year students from UNECOM's Family Medicine Club were invited to give flu shots to Biddeford residents at the Biddeford Free Clinic; our students administered over 50 shots in one night. Pictured here are Patty Collins, OMSI, practicing her technique on Jessica Truelove, OMSI.

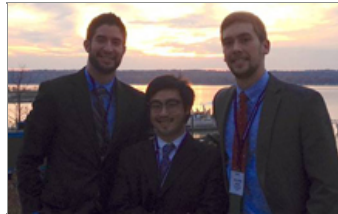


(Photo by Raymond Wong, OMS II)

UNECOM American Medical Association Student Chapter Attends Conference in Maryland

By Ben Slocum, OMS II, UNECOM AMA President

UNECOM's AMA Chapter Officers Ben Slocum, Aaron Bloom, and Brian Shee attended the annual American Medical Association Interim Meeting in National Harbor, Maryland from November 14th-16th. At the conference they participated in networking events, educational programs, and cast a vote on behalf of UNECOM's student body for a number of



L-R: Aaron Bloom, Brian Shee and Ben Slocum

resolutions to be passed up to the AMA from the Medical Student Section. The officers advocated for a particular resolution regarding a union between allopathic and osteopathic residency programs speaking in its favor at a general assembly, and also bringing it up for discussion at a regional meeting prior to voting. The region UNECOM belongs to decided to support the resolution collectively, and, along with a number of other medical schools across the country, helped it to pass. The resolution, now AMA-MSS policy, expresses national interest from students at both osteopathic and allopathic programs in continuing efforts to create a system of shared residency opportunities.

Medical Students for Choice, 2013 Conference on Family Planning

By Jillian Dodge, OMS II, UNECOM Medical Students for Choice President

This November, medical students Brittany Foster and Jillian Dodge attended the 20th Annual Conference on Family Planning, hosted by Medical Students for Choice, in Denver, Colorado. Ms. Foster and Ms. Dodge are the co-presidents of UNECOM's MSFC chapter. At the Conference on Family Planning, these students networked with leaders in the fields of reproductive health and abortion provision, attended talks that informed them of current research findings and ongoing barriers to care, and

participated in workshops that offered skills training in pregnancy options counseling. Ms. Foster and Ms. Dodge returned from this national meeting inspired and motivated. They are committed to keeping their fellow students informed and are actively engaged in creating educational events both for their student chapter and their classmates.

Sigma Sigma Phi Food Drive

SSP collected 165lbs of delicious food, including two fresh turkeys purchased by an anonymous last minute donor on Tuesday,

November 26th. All food items were donated through the Biddeford branch of Good Shepherd Food Bank, which serves all 16 counties of Maine. This location is specific for Biddeford folks, so it's nice to know that our donations went directly to local families in need. Great job!



L-R: Brittany Foster, OMS II with Jillian Dodge, OMS II



Sam Moss, OMS II and Stephanye Doucette, OMS II

Joyful Harvest Teaches Children Meal Preparation, Nutrition and Safety in the Kitchen

Article by Jacqueline Raicek, OMS II and Susan Blasi, OMS II, Co-Presidents of Culinary Docs

Over the last couple of years Culinary Docs, a UNECOM student club, has been cooking with local kids at Joyful Harvest, an afterschool facility and program in downtown Biddeford. Theme meals, such as "Italian night" and "Middle Eastern night", are planned by UNECOM students and the menus are approved by Dr. Thompson, the club's faculty advisor and nutritionist. UNECOM students bring all the necessary equipment and ingredients and set up stations for the meal. The kids at Joyful Harvest have the opportunity to learn about meal preparation, nutrition and safety in the kitchen while helping to create the recipes. It's also been a great way to introduce new flavors, colors and textures. Unfortunately, Joyful Harvest is closing its doors at the end of the year. We are looking for new opportunities in Biddeford to continue cooking together.



2013 Joyful Harvest Sponsored by Culinary Docs

Out and About

In addition to the above events, our COM students have been very busy. Below are some pictures showing their outstanding dedication, talents and fun had!



Habitat for Humanity Build Day Sponsored by SOSA



McArther Home Spaghetti Dinner Night Sponsored by SSP. L-R: Sam Moss, Clayton Brittington, Ward Cook and Brandon Giberson, OMS II's



Holly Laird, OMS II creates "Thigh Cookies" to help classmates review for anatomy.



2013 Halloween Party Sponsored by SGA



SSP and other students' efforts officially recognized by the city of Biddeford!

Intramural Sports Update

By Katie Yanagisawa, OMS II

Intramural sports are not only fun, but they also promote growth and development, positive interpersonal relationships, and healthy lifestyles.

COM is known for assembling highly-competitive teams. This fall, 87 first years and 46 second years signed up for intramural sports. COM entered 2-3 teams into each sport and placed in every one.

The second years rallied to support Will "Boots" Fisher's battle against cancer by playing in his name on "Boots' Army" for 8 different teams, 5 of which reigned champions. The second years dominated and took the titles in coed softball, men's flag football, coed ultimate frisbee, coed floor hockey, coed broomball, and men's 3v3 basketball. In addition, Boots' Army was runner-ups in coed 7v7 outdoor soccer and women's flag football.



Second Years' Men's Flag Football Team

The first years took the title in women's flag football and placed second in coed softball and coed indoor volleyball.



Co-ed Softball Team

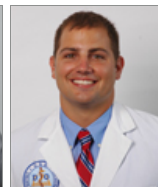
Intramurals are open to anyone in the UNE community. Want to play? Next season features coed ice hockey, coed indoor soccer, men's and women's 5v5 basketball, coed racquetball doubles, and coed inner tube water polo.

Student of the Month Recognition

Osteopathic Medical Students (OMS) who serve as role models for their classmates and who stand out for making a difference in their campus community are nominated by the Student Government Association (SGA) to be a Student Doctor of the Month. We congratulate the following medical students:



Dayna Yorks



Brandon White

October 2013:

Dayna Yorks, OMS I

Brandon White, OMS II

Fellowship & Scholarship Opportunities

- 2014 Betty Ford Summer Institute For Medical Students

While you're in the cold heart of winter, think of sunny southern California and spending a week with at the Betty Ford Center. It's that time of year for medical students to begin thinking about their summer plans, just as the [2014 SIMS application](#) has been launched on the [Betty Ford Center website](#).

Medical students go to the Betty Ford Center to learn about the science of addiction – they leave knowing the spirit of recovery. They learn about addiction as a bio-psycho-social-spiritual disease and about how treatment addresses the whole person. They are educated on how 12-step programs are used in treatment and become part of the lifetime recovery prescription. They immerse themselves in the treatment process and come to an understanding that the program is about moving from thinking with one's head towards thinking with one's heart. It's about seeing the human being behind the disease.

On the last day of the program, medical students share insight and perspective with their peers and our staff as you reflect on the previous 5 days spent in group therapy, 12-step meetings, interactive discussions, informative and unique lectures, and the Thursday night outing to Palm Springs.

The scholarship will include will include airfare up to \$500, a hotel room for 7 nights at the newly renovated Holiday Inn Express in Palm Desert, and a once-in-a-lifetime experience of an insider's view of the world-renowned Betty Ford Center. 112 Full-scholarships available. **Priority applications deadline is February 3, 2014.** To be considered for any remaining seat, if any, applications will be accepted until March 3, 2014.

- **The American Heart Association Founders Affiliate** is sponsoring a medical student research fellowship program. The purpose of the medical student fellowship award is to encourage medical students to consider a career in cardiovascular research. The program is designed to provide

students at the crossroads of career choices an opportunity to experience research first hand with an established investigator. For additional fellowship information and application, visit: [Founders Affiliate Local Research Opportunities](#). This fellowship is being administered at the AHA's Founders Affiliate New York City office. For further information please call 212-878-5912. All email inquiries should be sent to Mary Gonzalez at mary.gonzalez@heart.org. Application deadline is January 27, 2014.

- The Doctors Company Foundation is offering the Young Physicians Patient Safety Award

For the fourth year, the Doctors Company Foundation is offering six prizes of \$5,000 each for the Young Physicians Safety Award. Patient safety still remains one of the nation's most solvable public health challenge. Students are asked to write an essay on a patient safety event experienced in their clinical rotations. Each winner will receive a \$5,000 award (plus registration, travel, and hotel expenses) which will be presented at the Association of American Medical Colleges (AAMC) Integrating Quality Meeting, June 12-13, 2014 in Chicago. For additional information and an application, visit their website at: <http://www.tdcfoundation.com/index.htm>. **Essays are due by 5:00 p.m. ET, Monday, February 3, 2014.**

- Medical Students are Invited to Apply for Doris Duke International Clinical Research Fellowship

A program of the [Doris Duke Charitable Foundation](#), the Doris Duke International Clinical Research Fellowship provides support to individuals for one year of full-time clinical research training. The main goal of the program is to encourage U.S.-based medical students to take a year out from school to conduct mentored clinical research in developing countries. Students participating in the ICRF program will conduct clinical research under the direction of a mentor working in global health and complete related coursework.

ICRF is administered through six U.S. medical schools with established programs in global health research. Each school is responsible for overseeing the selection of applicants and providing the mentored research experience. Each institution will offer three fellowships a year that begin in the summer of 2014.

Students matriculated at any medical school in the United States who are in good academic standing and have completed two or more years of medical school prior to the start of the fellowship are eligible to apply. Each of the participating schools offers a unique program; potential applicants are advised to read information about each program before deciding where to apply. Fellows will receive a \$29,000 stipend, health insurance, financial support to attend the year-end CRF meeting, and supplementary research and training funds. Visit the [DDCF Web site](#) for descriptions of the six medical school programs, complete program guidelines, the application form, and an FAQ. Jenifer Van Deusen, M.Ed, UNECOM Curriculum Director will be available to help, if you choose to apply. **The online application form and letters of support must be submitted via the application website by January 14, 2014.**

- St. Jude Children's Research Hospital, invites UNECOM's best students to apply for their NIH/NCI-funded (5 R25CA023944-30) Pediatric Oncology Education (POE) Program.

A primary goal of the POE program is to encourage students to pursue a career in cancer research. St. Jude's is particularly interested in highly qualified students with a serious career interest in cancer research, either as a clinical scientist or laboratory-based research scientist. The program offers a unique opportunity for pre-doctoral students preparing for careers in the biomedical sciences, medicine, and pharmacy to gain biomedical and oncology research experience. The [POE home page](#) contains program details and links to the program application, which must be submitted online. **The deadline for receipt of all 2014 application materials is February 1, 2014.** Early application is highly recommended!

- 2014 Summer Institute in Geriatric Medicine at Boston University Medical Center

The Summer Institute in Geriatric Medicine is a week-long conference sponsored by the American Geriatrics Society and the Boston University School of Medicine (BUSM), with funding from the National Institute on Aging (NIA). This fully-funded program is for students entering their 3rd and 4th year of medical school in July, and is designed to promote interest in academic geriatric medicine and geriatric research. Applications and instructions are on the [AGS Website](#). For additional information contact BUMC office at 617-638-6155. **Applications are due January 10th.**

- Summer 2014 Fellowship Research Program - Memorial Sloan-Kettering Cancer Center

- Open to first or second year medical students in good academic standing.
- Participants receive a stipend of \$5800 for the eight-week program.
- A list of housing resources will be provided to accepted students
- To learn more and apply go to: www.mskcc.org/summerfellowships.
- **Application deadline: January 13, 2014, @ 5 p.m. EST.**

- Student Summer Research Fellowships At Beth Israel Deaconess Medical Center

Available May 15, 2014, seven medical student research fellowships are available for 10-12 weeks of summer research training in molecular and cell biology, biomechanics, coagulation and thrombosis, and angiogenesis, with a focus on clinically relevant problems such as atherogenesis, intimal hyperplasia, prosthetic/host interactions and thrombosis. Trainees will pursue a program of intense research activity. This training program is designed to provide medical students with an initial exposure to vascular surgery research.

Interested applicants are required to mail and/or email the following to Christoph Nabzdyk, MD (cnabzdyk@bidmc.harvard.edu) Beth Israel Deaconess Medical Center, Vascular Surgery Research – East Campus, 330 Brookline Ave. Dana Bldg. Room#805, Boston, MA 02215, **by Jan 15, 2014; 11:59PM**. Application and additional information available at: <http://www.longwoodvascularsurgery.com>

- The National Research Council of the National Academies is offering Graduate, Postdoctoral and Senior Research Associateship Programs for 2014.

Detailed program information, including instructions on how to submit online applications, a list of laboratories and their locations, and areas of research can be found on their website at: www.nationalacademies.org/rap. Prospective students must contact Advisor(s) at the lab(s) before their application deadline to discuss research interests. Applicants are invited to contact the NRC directly at (202)334-2760 or rap@nas.edu if additional information or assistance is required.

- Colorado Springs Osteopathic Foundation Tuition Scholarship Program

The Colorado Springs Osteopathic Foundation is proud to award up to five \$10,000 tuition scholarships to students entering their third year at an AOA accredited College of Osteopathic Medicine. These scholarships are renewed automatically for \$10,000 each for the fourth year as long as the students are in good standing with their College of Osteopathic Medicine. In addition, the Walter S. Strode, D.O. Memorial Scholarship has been established in the amount of \$1,000 to be awarded annually to one of the tuition scholarship applicants to be used for fees, books, supplies and equipment. **Complete applications should be received by the Foundation no later than 5:00 p.m. on February 3, 2014.** Detailed program information and application can be found at: www.csof.org/scholarships.html.

- AACOM is NOW Accepting Applications for 2014 Sherry R. Arnstein Minority Student Scholarships.

This scholarship program, named after former AACOM executive Director Sherry R. Arnstein, recognizes underrepresented minority students at AACOM's member colleges of osteopathic medicine. Each year, awards are given to newly accepted student and one continuing student. To be eligible, an applicant must be a member of an underrepresented minority group, including African-American, Native American (American Indian, Alaska Native and native Hawaiian); mainland Puerto Rican; or Hispanic. The applicant must be either currently enrolled in his or her first, second or third year at an AACOM member college, or have been accepted and planning to matriculate at an AACOM member college. **Entries must be post-marked by March 30, 2014.** Visit AACOM'S [Sherry R. Arnstein Minority Student Scholarship Program webpage](#) for additional information.

- Medical Student Fellowship Resource Source from Association of American Medical Colleges(AAMC) - [Reference Sheet](#)

Alumni Notes

Recently a story ran in the [Salem News](#), highlighting one of our own, **Douglas Peterson, '95**. Douglas' wife **Stephanie Peterson, '95** was kind enough to share his story with us.

"Saving Lives in the Golden Hour"

by Douglas Peterson, DO, '95, US Navy Commander

I am currently serving in the mountains of eastern Afghanistan only a few miles from the Pakistani border. I am the commanding officer of a 17-person forward combat surgical team consisting of personnel from the Navy, Army, and the Air Force. Our mission is to provide Role II emergent medical and surgical stabilization and expeditious transfer of critically wounded casualties operating in our area of responsibility.



Let me talk about the different roles or echelons of care with military medicine in a combat area. Role I care is provided by the medics and corpsmen who serve directly on the front lines, embedded with the soldiers and Marines (trigger-pullers) providing security to the area. These medics and corpsmen are like the EMTs for their units and carry all their medical equipment on their backs. They are typically the first responders to a casualty and are the true heroes of military medicine. They bandage wounds, splint fractures, place tourniquets to stop extremity bleeding, start IVs, intubate and, most importantly, communicate with the medical evacuation team to get the casualty expeditiously to the next role/echelon of care. They do this typically in a hostile environment with little regard to their own safety.



My surgical unit is one of several providing this Role II care in Afghanistan. Our goal is to receive and treat the casualties within that first "Golden Hour" to increase the chances of survival and minimize disability (save life, limb, eyesight). I am the orthopedic surgeon on the team, which also contains two general surgeons, two anesthesiologists, an emergency medicine physician, a critical-care physician, two critical-care nurses, an operating room nurse, an administrative officer and six enlisted medics/corpsmen. We provide advanced trauma life support in our emergency area and have a two-bed operating room that can be run simultaneously in response to multiple casualties. Emergent surgeries are performed to control bleeding, vascular injury repair, secure airways, stabilize fractures, wash out wounds and treat burns. We also have a two-bed intensive care unit with a four-hour holding capability as the casualties await transport to the next higher echelon of care. We have blood transfusion capability, X-ray, basic labs and medications. The medical evacuation system is outstanding, and we typically receive our casualties, many critically wounded, directly from the front lines and within a very short time from their time of injury.

Once the casualties are stabilized at our facility, they are transported to a Role III facility for further care. These larger fixed facilities are still in Afghanistan and have much-increased capability. They have advanced diagnostics like CT and MRI and also have access to specialty care to include neurosurgeons, vascular surgeons, ophthalmologists, trauma specialists and others. Role IV care is provided at Landstuhl Medical Center in Germany, which has even more capability. Role V care is located back in the states at places like Walter Reed and Bethesda Naval Center, where the casualties receive long-term rehabilitative care.

I take part in a theater-wide weekly trauma conference where providers from each echelon of care provide input on treatment of casualties seen through the system. It is a continuing effort to maximize our ability and continuously improve the medical care these heroes deserve. I am amazed at the severity of injuries these casualties are surviving. It is a testament to the expertise of every provider in the chain that contributes to the overwhelming success of our mission. It is truly an honor to be a part of this.

My eight-month deployment will be completed in November 2013. I have been in the military for the last 18 years, and I am always amazed at the quality of the people with which I serve. This is my second tour in Afghanistan, and they have both been tremendously rewarding experiences for me. I am anxious to return home to my family and friends and get rolling with my orthopedic private practice again.

Douglas Peterson of Beverly is currently returning from his overseas deployment and will be resuming his practice at the North Shore Center for Orthopedic Surgery. His office is in Salem, where he will be accepting new patients.

Class of '89: "This is an update on the where's waldo ? life of **Russ Schilling, by Russ Schilling, since graduating from UNECOM in 1989** (Yikes guys—almost coming to our 25th reunion year !) After residency at University Of Maryland, I moved my small family to Soesterberg Air Force Base in Soesterberg, Netherlands where we biked constantly and immersed ourselves in all things Dutch. A year later, then-wife Julie, son Matt and I were moved to Ramstein Airbase in Germany for a few years more of great travels, schnitzel galore and life in a small farming community. After adding my son Peter to the clan, we moved to the Eastern Shore of Maryland where several colleagues and I started River Family Physicians, a small group Family Practice. Some 17 years later, we are the largest family practice between Southern Jersey and Norfolk, and we are in the process of affiliating with Anne Arundel Hospital in Annapolis, hopefully to ease our managerial stress. I remarried a few years back to a wonderful lady who has a Bed & Breakfast in St. Michaels and we are maintaining both an Inn and a home nearby, sailing competitively and still traveling when time allows. We still get to the camp in N. Waterford, ME every summer and I'm hoping to see good (old ?) friends at some sort of reunion soon. Pic is of me sailing on Lake Geneva not long back during a fun trip to Switzerland."



Sailing Lake Geneva

Class of '98: Doris Newman, Associate Professor at Nova Southeastern University College of Osteopathic Medicine in Fort Lauderdale, FL, since 2010 was this year appointed as the Rural Medicine Department Director at NSU. At OMED in Oct 2013, Dr. Newman lectured to the American Academy of Osteopathy on "OMT in the Patient with Growing Pains" and for the American College of Pediatrics on "OMT for Parents". Doris is in her fourth year as a BOT member of AAO as well as on the PTRC of the AOA. Oh and a BIG congratulations to Doris and Stephanie (Sam) on getting married, September 30th in California while in Las Vegas for OMED! We wish you both the best!

Class of '04: Pippa Shulman is living in Cambridge, MA with her wife, Jodi and their now 20 month old son Miles. Dr. Shulman is the chief of geriatrics and palliative care at Harvard Vanguard Medical Associates, a large multispecialty practice in Eastern Massachusetts. When Dr. Shulman isn't working in the office, she training to run the Boston Marathon in support of the Atrius Health Foundation. Follow her progress at runpiprun.tumblr.com

Class of '06: Timothy C Abbott is at Cooley Dickinson Hospital Northampton MA, working in Anesthesia.

Class of '10: Patrick Hohl is living in Burlington, Vermont with his wife and son. They are expecting another child (girl) in February. Dr. Hohl is the Chief Medical Resident at the University of Vermont/Fletcher Allen Health Care program. After graduating from UNECOM in 2010 Dr. Hohl completed his residency in Internal Medicine in June 2013 and is now Chief Medical Resident at the University of Vermont / Fletcher Allen Health Care program. During his residency Patrick was actively involved in research and presented posters at several regional and national meetings. He was also awarded the Frank L. Babbott Memorial Award for outstanding resident and dedication to the educational mission of the department of medicine. This summer Dr. Hohl passed the medicine boards and has been matched into a three year Cardiology fellowship, also at the University of Vermont, to start in July 2014.

Save the Date

March 6, 2014 - **DO Day on Capitol Hill**. For more information visit the [AOA's website](http://www.aoa.org). **Registration for this event ends on January 24th.**

October 10 -12, 2014 - **Primary Care Update/Fall Reunion.** Reunion classes are those ending in 4s and 9s. Stay tuned for communication about this event in January 2014.

Hail and Farewell

Nothing to report.

HOME

ATHLETICS

ALUMNI & FRIENDS

ADMISSIONS

Undergraduate
Admissions
Graduate & Professional
Admissions
Continuing Education
International Students
Online Education
Virtual Tours
Social Media Directory

ACADEMICS

Majors & Programs
Student Learning
Outcomes
Global Initiatives
Online Education
Programs
Centers & Institutes for
Research and
Scholarship
Global Education
Program
InterProfessional
Education
Collaborative
Registration Services
Marine Sciences at UNE
Research & Scholarship
Directory
Library Services
Undergraduate Student
Research

STUDENT LIFE


Biddeford Campus
Portland Campus
Vice President of
Student Affairs
Staff Directory
Mission
Safety & Security
University Convocation
Graduation
Student Handbook
Multicultural & Diversity
Services
Student Trustee
Student Health Care
Dining Services
Global Education
Program
Social Media Directory

ABOUT UNE

UNE Facts
Parents & Family
Campuses & Histories
Location & Directions
Virtual Tours
President's Office
Mission & Core Values
Strategic Plan
Institutional Research
HEA Student
Information
Human Resources
Calendar & Events
News
Sustainability at UNE
Social Media Directory

RESEARCH

Staff Directory
Office of Sponsored
Programs
Centers & Institutes for
Research
Core Research Facilities
and Service
Research Compliance
Research & Scholarship
Directory
Undergraduate Student
Research
UNE Books & Authors
Faculty Staff News
Student Research News
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InterProfessional
Education
Collaborative
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