The Unconventional Professor

Robert Meals, DO, '56
uses puppets, songs and even a karaoke machine to help teach students the basics of radiology — and a lot more.
PCOM's campus is busier than ever with Centennial activities. We were delighted to see so many alumni at our history book debut April 29. The event was fantastic, and our pride in the history book was hard to hide. Everyone was thrilled to meet former US Surgeon General C. Everett Koop, MD, an advocate of osteopathic medicine.

Other events also helped generate awareness of PCOM — one of the goals for the Centennial year. PCOM's "Pre-Race Bash" April 14 received coverage on several TV stations. At this event, 165 PCOM students and employees signed up for the "Susan G. Koman Breast Cancer Foundation Race for the Cure"! At the Race May 9, "Team PCOM" was hard to miss in red tee-shirts displaying our Centennial logo.

The College was also well represented at another pre-Race event, the Survivors' Luncheon, which was sponsored solely by PCOM. The compelling event, which honored breast cancer survivors, received much media coverage. Here, Carol Fox, associate dean for admissions and enrollment management, spoke on PCOM's commitment to the cause and dedication to reaching out to the medically underserved — a key part of the fight against breast cancer.

In addition, having a dynamic national figure, Elizabeth Dole, speak at this year's commencement helped boost public awareness of the College.

Looking past the Centennial to the year 2000, we'd like to update you on the search for a new president. A search committee has been formed consisting of board members and representatives nominated by the alumni, students and faculty.

Members are Paul McGlone, committee chairman; Renee Booth, PhD; Gene Chailen, board vice chairman; George Grosz; Pat DiTommaso, DO, '80, Alumni Association president; Kathleen Schaeffer, PCOM '00, 1998-1999 student council president and Robert Fogel, DO, '58, chairman and professor, pathology.

The committee has secured a national executive search firm, Heidrick and Struggles, to help with the search. The firm interviewed board members, alumni, students and faculty to gain their insight into what traits need to be included in the job description for a new president.

The committee finalized the job description and decided that advertising should begin in fall 1999. This will allow PCOM to have a candidate by early 2000. The committee also decided that the position should be open to all candidates, but realizes the need for the new president to understand the uniqueness of osteopathic medical education.

We look forward to your continued support of PCOM through the Centennial year and transition period.

Sincerely,

Herbert Lottman, LLD (hon.)
Chairman of the Board

Leonard H. Finkelstein, DO, '59
President and CEO
2 MAKING RADIOLOGY FUN
For over 25 years, PCOM students have embraced Dr. Meals' formula of serious learning mixed with frivolous fun.

6 STUDENT ACTIVITY CENTER NEARS COMPLETION
The new Student Activity Center brings together a great team – PCOM and the 76ers. Find out details about the center and how you can help support the new facility.

8 ALUMNI PERKS
Joining the Alumni Association has lots of perks, including some that might be unfamiliar.

SPECIAL SUPPLEMENT: PCOM CENTENNIAL (Part 2 in a series of 4)
Learn about key events in the College's second 25 years; read excerpts from PCOM's oral history collection and mark your calendar with the many Centennial events the College has planned.

12 PCOM ALUMNUS KEEPS THE 76ERS IN TOP SHAPE
Orthopedic surgeon Jack McPhilemy, DO, '78, uses his knowledge of osteopathic medicine to keep the 76ers up and running.

DEPARTMENTS

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Alumni board member Luke Nelligan, DO, '91 and PCOM clinical director of continuing medical education Albert D'Alonzo, DO, '56 are featured.

15 PCOM UPDATES
Alumnus named Pennsylvania physician general; Psychology department offers new master's program; PCOM Alzheimer's researchers receive media attention; Middle States site visit results in positive feedback.

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20 CLASS NOTES
The latest news from our alumni.
Robert L. Meals, DO
A shrill whistle blows. You might expect ball players to line up for the start of a game. But this is a classroom. And the whistle signals the start of a lesson in radiology. The whistleblower is Robert L. Meals, DO, '56, PCOM's academic chairman of undergraduate radiology. The whistle is just one small toy in his big bag of teaching tricks.

The third-year students quickly find their seats. The air of anticipation in the classroom is almost palpable as Dr. Meals begins with a lesson on reading X-rays for signs of pneumonia. One by one, he calls the students to the front of the room and asks them to analyze what they see on the X-ray.

The first student answers the questions correctly and returns to her seat. The next one miscalculates. Dr. Meals doesn't reprimand him. Instead, he reaches up to a shelf above the screen and takes down a Big Bird stuffed animal that plays “She'll be comin' round the mountain.” After winding it up, he hands it to the student and asks him to sing with it. This isn't intended as punishment; it's a lesson in self-confidence that Dr. Meals has been teaching for years.

“I once read an article on the value of singing and music in developing self-confidence,” Dr. Meals explains. “I learned that singing in front of your peers increases self-esteem and improves social skills. If the students feel better about themselves, they'll feel more comfortable with other people. And these are all important qualities for physicians to have.”

Pretty soon, all the students in the class are clapping their hands, stomping their feet and singing along with their classmate and Big Bird. You'd guess that they've known each other for months, but in fact, this is only their second day in this rotation and most have only met once before. Dr. Meals' classes are like that. His students don't just learn to read X-rays. They learn to take risks . . . to embrace and accept each other . . . to laugh at themselves.

“Some students are shy at first, but after awhile most of them really like singing,” says Dr. Meals. “In fact, some are disappointed if they don't get a chance!”

MAKE LEARNING FUN

As a student at Lebanon Valley College, Dr. Meals had a professor who told him, “If you're going to teach, you have to do everything possible to keep the students' interest. You have to make it fun to learn.”

“I've found that you must have a lot of ideas and keep changing the things you do,” he notes. “I never do the same things two days in a row.”
Students take a break to sing a group song. Dr. Meals says if you make learning fun, students will be even more receptive to what you’re teaching.

In a typical class, Dr. Meals and his students might play with puppets, sing with a karaoke machine or play games like ‘medical jeopardy.’ One thing his students can count on every day is active class participation, a key component of Dr. Meals’ teaching philosophy gleaned years ago from his mentor, world-renowned radiology instructor Dr. Lucy Frank Squire.

“Dr. Squire pointed out that students learn best by looking at films together and discussing them,” he relates. “She also emphasized that you can’t teach too long in a darkened room because your students will fall asleep. It’s important to have them come to the front of the class to participate. If they don’t know who you’re going to call on next, they’ll pay closer attention and learn more. And if you make it fun, they’ll be even more receptive to what you’re teaching.”

Dr. Meals’ students are receptive and they do learn. His Radiology Teaching Program is one of just a handful that exist in the United States. He draws medical students and residents not just from PCOM, but from medical schools as far away as Florida and California.

“Dr. Meals is very well-known in the medical school community,” says one student. “People are really happy for the chance to do a rotation with him.”

Yes, there is a waiting list for his rotation. And no wonder! Last year, nearly 90 percent of his students said they were very satisfied with his rotation, the highest satisfaction rate of any clerkship.

“In this class, the students learn not only what they are looking at, but how to analyze it,” stresses Dr. Meals. “They’ll find it a real advantage when they can understand images and explain the results to their parents. Only a few of the students who take this rotation become radiologists, but most will use their ability to read films in their practices.

**KEY CAREER CHOICES**

Dr. Meals wasn’t always interested in radiology. During a stint as director of a first aid station with the National Guard, he thought for sure he wanted to be a surgeon. But he changed his mind after a rotation with Dr. Paul Turner Lloyd, DO, ’23, known as the
"father of radiology" among DOs. "I realized that I loved the world of interpreting film," Dr. Meals remembers.

Dr. Meals first heard about osteopathy from his wife and mother-in-law. They often related stories about a local osteopathic physician who had helped many people.

"I went to talk to him and he explained osteopathic medicine and manipulation to me," Dr. Meals relates. "This philosophy made a lot more sense to me than any other."

He was formally introduced to osteopathy by a Lebanon Valley College classmate, Richard E. Lenox, DO, '55, who convinced him to apply at PCOM. It wasn't long before he discovered that he loved teaching osteopathic medicine. "There's nothing I enjoy more," he says. "It's great to see the students feeling happy with themselves because I've helped them to understand something."

When teaching radiology, Dr. Meals encourages his students to think about the role manipulation might play in helping to heal injuries that appear on X-ray films they're studying.

A LIFETIME OF ACHIEVEMENTS

Dr. Meals has been honored many times during the nearly four decades he has taught at PCOM. A recipient of the prestigious "Lindback Foundation Award for Distinguished Teaching," he was also awarded the "O.J. Snyder Memorial Medal." He is a three-time recipient of the "PCOM Student Council Award for Clinical Radiology Teaching." A part president of POMA, Dr. Meals served as chairman of PCOM's department of radiology for nearly 20 years, from 1973 to 1991.

Dr. Meals is very proud of the success of PCOM's Radiology Teaching Program, which has spanned nearly three decades. He's also proud of his involvement in purchasing the first fourth-generation CT scanner in the city of Philadelphia for PCOM. "We had physicists from other medical schools in the city coming to see it. It was an exciting time here!"

Dr. Meals also takes great pride in the fact that he was able to keep radiation therapy intact at PCOM when almost all other osteopathic hospitals in the country were eliminating it. Not only did he save it, but he also convinced the college to upgrade the equipment.

"In the late '60s, the college bought a cobalt machine," he relates. "Six years later, the whole world had moved to the linear accelerator. It was hard work, but I convinced PCOM to install one so we could stay competitive with other area hospitals."

Working with physicists and students, he rolled up his sleeves and did the physical labor necessary to prepare the room for the linear accelerator. That meant digging up concrete, putting in a trench, rolling in barrels of concrete and leveling it off. "We were willing to do whatever was necessary to make it happen," he says.

Dr. Meals takes great satisfaction from his long association with PCOM. "I've always felt that we're a step above the other medical schools in Philadelphia," he says. "We've always done best at keeping current with changes in medicine. I've been told over and over by Sloan-Kettering and other major hospitals that work with our students that PCOM is a great medical school."

Dr. Meals and his wife, Dorothy, have two children, Robert Jr. and Sharon Altman, DO, '79, a psychiatrist practicing in Ambridge, Pa. whose husband is also a PCOM graduate, Rooney S. Altman, DO, '79.

A music lover, Dr. Meals also enjoys photography and travel, and has a fascination with electronics -- an avocation he's put to good use in rigging equipment for his classroom! But his first love is teaching.

"I hope I can keep going till I fall over in the classroom some day," he says. "And if that happens, I'll say, 'Don't try to resuscitate me. Let me go. It's been a great life!'"
Larry Brown's head coaching career has spanned 27 years. He has coached in the ABA and NBA, as well as in the college ranks, and he has called nine towns home.

Today, Brown calls Philly home. And although names and faces, climates and skylines change, there's always a place where Brown feels at home. The practice floor.

However, when it comes to a practice site, the Sixers have been gypsies in recent years, shuttling among college sites, a health club and the First Union Center.

Starting next season, the Sixers will wander no more.

On the grounds of Philadelphia College of Osteopathic Medicine (PCOM), construction is well under-way on a state-of-the-art facility that will serve as the Sixers' permanent practice site. Located an earshot away from the Schuylkill Expressway on City Avenue, the facility is yet another goal realized by team president Pat Croce.

Croce, Brown and general manager Billy King were among those sporting gold shovels May 19, 1998, during groundbreaking ceremonies. A leisurely trip past the site where that trio loos-ened spadefuls of dirt and you'll see an infrastructure ready to take on the guts of a building that will have all the bells and whistles to please not only the current players, but also those who some-day may want to consider joining the Sixers' family.

Among those perks will be:

- An NBA-sized gym, with two main baskets and four side baskets.
- Private coaches' offices.
- An audio-visual room.
- Private training and locker rooms.
- A weight room with equipment custom-sized for the players (as you may have noticed, NBA players are taller than the average Joe).

It makes for a facility that will take a back seat to no other - as if Croce needed another reason to be excited.

"I think it serves a twofold purpose," said Croce, who expects to see the building completed and the nylon nets attached and ready to use by September. "The first purpose is to give Larry an environment to do what he does best. But it also gives us another tool to recruit players. Now, we not only have the First Union Center as a great building to play in, but a new practice facility as well."

Croce was sure to ask for input from the entire basketball operations staff. He also is quick to credit Herb Lotman, the Chairman of PCOM, for making accommodations when the Sixers needed a minor change here or there in the joint venture.

"Coach Brown, general manager Bill King, [head athletic trainer] Lenny Currier, [physical conditioning coach] Brian Lange - they all had input," Croce said. "They all looked over the blueprints and offered suggestions the same way they do when it comes to the team."

Although the 1999 season and its mad rush of 50 games in 90 days has made practice a relative afterthought, the typical 82-game season has coaches and players spending more than a stray off day on the practice floor.

"I think the practice facility is more important during a normal season," Croce said. "The team spends more time there than they do at the arena. The coaching quarters are so impor-
tant. This is where the coach is going to live. It’s their clubhouse.”

Then there are uses beyond the off-season. Croce has a vision of the building becoming a haven for charity games and informal workouts during the summer.

“It’s something that can be used during the off-season,” said Croce. “During the summer, we can have players from other NBA towns come to our facility the way they do in Los Angeles and Dallas.”

It will be all that, and more. But in its simplest form, the PCOM practice facility will be a home.

And that’s a welcome thought.

Reprinted from the Philadelphia 76ers in-arena game program, HANGTIMES.

Construction is on-schedule for PCOM’s Student Activity Center, which will open in September. The Center will serve several purposes: PCOM students will use it as an exercise and recreational facility, and the Philadelphia 76ers will use it for their practice sessions. The Center will also be available to PCOM employees.

In 1998, PCOM broke ground for the Student Activity Center, a multi-faceted facility that will provide a dynamic focus for student life on campus. When it opens in September 1999, students will benefit from outstanding fitness facilities, including a gym with regulation NBA basketball court, an aerobics room and racquetball courts. For social relaxation, students will enjoy the Center’s beautiful lounge, game room and multi-media room.

During basketball season, students may also catch a glimpse of the Philadelphia 76ers, thanks to the team’s exciting new partnership with PCOM. The Sixers will use the Center as their in-season practice facility, generally while students are in class.

Your gift will help support and maintain this outstanding on-campus facility for our students - one that will help them reduce stress and stay healthy through regular exercise and social interaction. You may choose from among the named gift opportunities listed below.

**Student Activity Center - Name Building**

**$3,000,000**

**Lower Level**
- Strength/Weight Training Room $100,000
- Aerobics Room $50,000

**First Level (Main Entrance)**
- Main Lobby $150,000
- Gymnasium - NBA Basketball Court $250,000
- Individual “floor-board” engraved planks (each) $10,000

**Second Level**
- Student Lounge $150,000
- Video/Meeting/Media room $30,000
- Game Room $50,000

**Third Level**
- Racquetball Courts (2) (each) $50,000
- Student Function Area (pending)
The Benefits of Being a MEMBER...

You probably know that as a member of PCOM’s Alumni Association you receive information about reunions and continuing medical education credits, but there are a multitude of other programs available through the Office of Alumni Relations & Development that are designed to keep you in touch with your alma mater. Here is a sampling of some of those programs.

The Alumni Directory...

The Alumni Directory, a comprehensive listing of more than 9,000 PCOM DO alumni, is printed every five years. Published by the Bernard C. Harris Publishing Company, the directory can serve as a useful tool in getting reacquainted with old friends or finding a collaborator. The most recent issue was published in spring 1999. Alumni in the directory are listed alphabetically and indexed by class year (by specialty and geographically). Each alphabetical entry contains the graduate’s name, primary specialty, graduation year, business address and phone number, and home address and phone number. The newest directory also includes the graduate’s e-mail address.

The Alumni Ambassador Program...

This spring, the Department of Alumni Relations launched the Alumni Ambassador program in two pilot states, Florida and Georgia. Alumni response in those two states was overwhelming, with nearly 100 alumni contacting Executive Director Hale Peffall to express their interest in serving as ambassadors. The program will soon be expanded to other states.

Ambassadors act as mentors, informational resources and communication links for rotating third-year PCOM students. They assist students in adjusting to their new surroundings and help them increase their comfort level in facing new challenges. Alumni ambassadors can help in a number of ways - by talking with students about their own expertise, by inviting them to a social gathering or professional meeting, or simply by cluing them in to the best pizza place in town.

Alumni Student Loan Fund...

The Alumni Association Student Loan Fund provides financial aid to third- and fourth-year students. Donations from alumni are converted into low-interest loans to help ease the financial burden of their medical education.

The Alumni Association also provides administrative and financial support for Continuing Medical Education programs, Student Council, athletic teams, clubs and fraternities, community health fairs and conventions.

The PCOM Credit Card...

PCOM has developed a credit card program with MBNA America Bank. The PCOM MasterCard offers alumni, students and friends an opportunity to support the College through their everyday purchases. With each new account opened, MBNA sends a contribution to the PCOM Foundation. The Foundation also receives a contribution from MBNA for purchases made on the PCOM MasterCard at no additional cost to the cardholder. The standard card is beautifully decorated with a snapshot of PCOM’s campus. A Platinum Plus card is also available to qualified customers. A PCOM MasterCard does more than just increase your purchasing power...it shows your PCOM pride!
Alumni Fellowships...

The Alumni Association annually sponsors two Traveling Fellowships for fourth-year students. One is a clinical research rotation with the National Institute of Neurological and Communicative Disorders and Stroke at the National Institutes of Health (NIH) in Bethesda, Maryland. Students who are placed receive a $1,000 award from the Alumni Association to assist with living and travel expenses. The second fellowship is a neurology rotation at the International Neurologic Institute in Milan, Italy. The Alumni Association provides $2,000 for travel and living expenses for the Milan Fellowship.

In September 1998, Jason Handza ’99 was a fellow at the International Neurologic Institute in Milan, where he worked with a world renowned neurologist. Handza described his experience in Milan as an unparalleled learning opportunity and a rich cultural experience. “This experience would not have been possible without the understanding, generosity and support that the Alumni Association has provided,” Handza said in a letter to the Alumni Association.

Reunions...

The Alumni Association sponsors five-year reunions for PCOM alumni, which typically take place during Founders Day Weekend in January. However, the 2000 Reunions have been moved to June, so be sure to mark your calendar with the change. During Reunion Weekend, alumni can renew friendships, enjoy individual class parties, attend professional postdoctoral programs and attend the dinner dance. The College’s most prestigious award, the O.J. Snyder Memorial Medal, will be presented to the year’s most dedicated and loyal alumni/a during Reunion Weekend, on June 10 at the Crystal Tea Room of the Wanamaker Building.

All the benefits of “being a member” are provided by mutual cooperation of the Alumni Association and your medical college. Your support of the Association and PCOM enables us to provide these services and programs. If you have any questions or suggestions concerning any alumni programs, please call Hale Peffall in the Office of Alumni Relations and Development at (800) 739-3939 or (215) 871-6120.

Alumni Association Membership/Calling Card...

In celebration of the College’s Centennial, all alumni received a membership to the Alumni Association and a specially designed membership card. Each card includes 10 minutes of free calling anywhere in the United States. Why not use it to reach out and touch a former classmate across the country?

PCOM In Your Hometown

Still have questions about alumni programs or activities? Representatives of the Alumni Association Board of Directors are located throughout the country. They are your vital communication link to PCOM, and they are looking forward to hearing from you.

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When Albert F. D’Alonzo, DO, ’56, was nine years old, he had rheumatic fever. The illness left no lasting physical effects on him, but it did affect the course of his career.

While he was ill, his father, Henry E. D’Alonzo, DO, ’27, took him to one of the top diagnosticians in Philadelphia, who used him to demonstrate diagnostic techniques to a graduate seminar of over 60 physicians.

“The doctor palpated, percussed out and diagramed my heart on my chest with a magic marker,” recalls Dr. D’Alonzo. “He also described my heart sounds. I never forgot the experience. After that, I always wondered if I could ever be like that doctor and do what he did.”

His fascination with that experience led to his specialty as a cardiologist.

From the time of his youth, Dr. D’Alonzo learned about the practice of osteopathic medicine from his father, a pioneer in osteopathic manipulative medicine (OMM). As children, he and his brother, Henry A. D’Alonzo, DO, ’51, tagged along while their father made house calls. Over time, the senior Dr. D’Alonzo taught his boys about the important alternatives osteopathy offers patients.

“Years ago when my father started practicing, doctors were limited to just a few drugs like aspirin and digitalis,” Dr. D’Alonzo explains. “They didn’t have antibiotics. Medical care was limited mostly to surgical or nursing care. Osteopathy offered treatment above and beyond the care standard of that day. And then, as now, it could be applied to a wide variety of medical problems.”

Throughout his career, Dr. D’Alonzo’s greatest love has been teaching osteopathic medicine to others. Now clinical director of PCOM’s continuing medical education program, he began as an instructor nearly 40 years ago and rose to the rank of chairman and professor, division of cardiology, department of internal medicine in 1990, serving in numerous capacities in between.

Dr. D’Alonzo teaches his students the same muscle energy OMM his father taught him. Less vigorous than heavy thrust techniques, he finds it a good choice for soft tissue, for normalizing autonomic nervous system stimulation and in cases where vigorous manipulation may be uncomfortable because the patient is in too much pain.

A recipient of PCOM’s prestigious “Lindback Foundation Award for Distinguished Teaching,” Dr. D’Alonzo loves watching his students’ faces at moments of discovery and insight, “when the light bulb goes on.” Above all, he wants them to learn that medicine is not just a business. “Most people go into medicine because they want to do good for their fellow man. I want them to stay focused on the humanitarian side of medicine and blend it with sound scientific principles,” he emphasizes.

Dr. D’Alonzo’s career has been punctuated by many achievements. A recipient of the “O.J. Snyder Memorial Medal,” he has served as the president of the American College of Osteopathic Internists and PCOM’s Alumni Association.

A graduate of Duke University, Dr. D’Alonzo feels fortunate to have received his medical education at PCOM. “We have outstanding physicians and basic scientists on our faculty,” he comments. “We are second to none in the medical profession. The proof is in the pudding. Our graduates are found in every major medical center in the country, and we have many flag officers in the military as well as in public health. Our alumni are literally world-wide, providing medical education and sound medical care!”

When he’s not at the college, Dr. D’Alonzo enjoys spending time with his wife, Harriet, and their three children, Bret, Sallie Sherrod and Chris. He loves music and sports, especially baseball. In fact, years ago he was signed to play for the Chicago White Sox, but decided, quite literally, that his heart was in medicine!
This article continues PCOM's history from the article in the last *Digest*, which focused on the College's first 25 years. We left off with PCOM experiencing a blossoming of student culture in the early 1920s, with dances, clubs and athletics occupying students' time along with their medical studies. In 1922, the academic year was expanded from eight to nine months, matching allopathic medical school standards.

Some of the most well-known clinician-teachers in the College's history started teaching here in the 1920s: radiologist Paul T. Lloyd, DO, '23; surgeon Carlton Street, DO, '24 and otolaryngologist J. Ernest Leuzinger, DO, '24, who pioneered work in bronchoscopy during a time when tuberculosis and diphtheria were widespread.

**A focus on the osteopathic component**

In the mid-1920s and '30s, the osteopathic profession became increasingly concerned with emphasizing osteopathic concepts in the curriculum. At PCO, the osteopathic philosophy was stressed through lectures on osteopathic principles and practice, as well as by having students perform osteopathic treatments during their clinical years in the Dispensary and Hospital. At the same time, the profession was pushing for higher standards and acceptance of DOs. In 1926, osteopaths started calling themselves "osteopathic physicians" to help improve public perception.

**PCO outgrows Spring Garden Street campus, survives Depression**

In 1927, PCO's 19th and Spruce Streets campus was placed on the market. Again, more space was needed – this time to expand the student body from 240 to 500, to improve research facilities and to house a pathological museum. The Hospital, which was turning away patients due to overcrowding, also needed a larger facility.

In 1929, PCO launched a public fundraising campaign to build a new collegiate gothic-style college and hospital building at 48th and Spruce Streets. A huge success, the campaign received pledges in excess of its $1,030,000 goal. But two weeks before the building was opened, the Depression hit, and many pledges went unpaid. PCO was on the brink of bankruptcy, but with strong leadership from the board of directors and others, it survived the crisis – showing the incredible resiliency of the College and the osteopathic medical profession.

**College raises standards**

In the 1930s, PCO started both a Pre-Osteopathic School, which offered a one-year program in the basic sciences, and a Graduate School to provide...
1924
King Tut's tomb is opened in Egypt.

1925
Mount Rushmore is built near Keystone, South Dakota.

1929
The US stock market crashes in October, triggering the Great Depression, which lasts until 1941.

1928
Women compete for the first time in Olympic field events.

1924-1929
PCO launches a successful public fundraising campaign to build a new home at 48th and Spruce Streets. The College survives the Depression and comes back from the brink of bankruptcy, showing that nothing can dim the hopes of dedicated PCO faculty, administration and students.

1926
Renowned radiologist Paul T. Lloyd, DO, '23 joins the faculty. Within two years, he establishes the first radiology residency program in the osteopathic medical profession. A pioneering physician, he went on to implement breast cancer prevention programs at his Well Breast Clinic at PCO.

1929
A proud moment in the College's history occurred in 1930, when Paul T. Lloyd, DO, '23 established a Well Breast Clinic at PCO. Here, he pioneered breast cancer prevention programs, initiating routine x-rays for breast cancer screening. It took many years for the medical establishment in general to catch up to what Dr. Lloyd was doing. Another important community service was offered in PCO's Out-Patient Department, housed in the basement, which consisted of 40 treatment areas called "booths." Third- and fourth-year students, known as "booth doctors," treated patients here and gained valuable clinical exposure.

1930
PCO continues outpatient services with a basement clinic at 48th and Spruce Streets called the Out-Patient Department. Here, third- and fourth-year students, known as "booth doctors," treat patients and receive much clinical exposure.

mid 1920s
The osteopathic profession focuses on raising standards among DOs and emphasizing the osteopathic approach in its medical schools.

education to its alumni and other DOs. These programs were part of PCO's aggressive efforts to raise its educational standards. In 1932, the College created the profession's first Department of Osteopathic Research, with Frederick A. Long, DO, '24 as director.

Also during the 1930s, the curriculum expanded to include pharmacology; in fact, in 1940, the Department of Physiology was renamed Physiology and Pharmacology.

In 1938, a milestone occurred in the osteopathic profession's struggle for acceptance. That year, President Franklin D. Roosevelt signed an amendment allowing federal employees to be treated by DOs for work-related injuries. But the military still did not
Franklin D. Roosevelt is elected president, defeating Herbert Hoover. Roosevelt develops a series of economic and social reforms called the New Deal and is re-elected in 1936. Also in 1932, Amelia Earhart is the first woman to fly solo across the Atlantic.

The College creates the profession’s first Department of Osteopathic Research, with Frederick A. Long, DO, ’24 as director.

Revered anatomist Angus G. Cathie, DO, ’31 joins the faculty. He eventually chairs the combined departments of Anatomy and Osteopathic Principles and Practice. In addition to teaching, he spends many hours preparing specimens for PCO’s Anatomy Museum. Also this year, PCO holds the first Charity Ball to support health care services for free and partial-pay patients.

President Roosevelt signs an amendment allowing federal employees with work-related injuries to be treated by osteopathic physicians.

PCO returns to a four-year program and reforms curriculum, placing more emphasis on the osteopathic component and clinical training.

During the war years PCO accelerated the curriculum from four years to three, including summers, to meet the demand for physicians at home. Allopathic medical schools did the same. Because the GI Bill made it possible for many to afford medical school, classes of the late ’40s and ’50s were filled with veterans. Unfortunately, PCO, which prided itself on matriculating a high percentage of women since its founding, experienced extremely low numbers of female students during the post-war years. (Nursing students were the exception.) This trend took approximately three decades to turn around.

In 1947, PCO returned to a four-year course and implemented several changes in the curriculum, including integrating osteopathic principles throughout the four-year program and placing more emphasis on clinical training. Expanded clinical training was needed due to the increased specialization and complexity of health care.

A new leader takes the helm
Co-founder O.J. Snyder, DO died in 1947. Throughout his life he was a tireless advocate for the College and lobbyist for the osteopathic profession. But it wasn’t long before a new supporter emerged in the leadership: Frederic H. Barth. By the end of 1949, the College’s 50th anniversary, Barth headed the boards of both the College and Hospital. He would become president in 1957 and lead PCOM to City Avenue in the early 1970s.

PCOM’s history will continue in the next Digest Centennial supplement, which will feature the next 25 years, 1949 to 1974.
Our Centennial Year Continues...

Race for the Cure, History Book events fill PCOM’s spring

Our Centennial celebration was in full bloom this spring with numerous special events that helped increase awareness of PCOM. At the “Pre-Race Bash” April 14, 165 students, employees and their family and friends signed up for the Susan G. Komen Breast Cancer Foundation “Race for the Cure.” At the May 9 Race, our booth and Centennial banners, combined with “Team PCOM” members in bright red tee-shirts, all contributed to the College’s high visibility.

Another Race-related event was solely sponsored by PCOM: the Breast Health Institute Survivors’ Luncheon at Philadelphia’s Ritz Carlton Hotel. Here, Carol Fox, associate dean for admissions and enrollment management, spoke eloquently about the College’s commitment to disease prevention and education. She told the audience about how radiologist Paul T. Lloyd pioneered breast cancer prevention programs in 1930 at PCO’s Well Breast Clinic, and how our students have developed breast cancer screening programs in underserved areas. At the event, PCOM received an award presented by Philadelphia Mayor Edward G. Rendell for our involvement in the search for a cure for breast cancer.

Top right: Race for the Cure participants visit PCOM’s booth at the Race May 9.

Above: “Team PCOM” at the Race included 165 students and employees and their family and friends. Team members wore red tee-shirts displaying the Centennial logo.

KYW-TV news anchor Pat Ciarrocchi joined PCOM’s “Pre-Race Bash” on campus April 14. Left to right are Peggy Ashner and Elaine Grobman of the Breast Health Institute; Samuel H. Steinberg, PCOM executive vice president; Ciarrocchi and Pat Goodman of the Breast Health Institute.
On April 29, the PCOM community was honored with the presence of former US Surgeon General C. Everett Koop, MD at the "A Walk Through History" history book premiere. The event, held during the POMA convention, featured historical displays and students dressed in period costumes. Guests were thrilled to meet Dr. Koop and have him sign their history books.

During brief remarks, Dr. Koop said about osteopathic physicians, "You have established yourselves in the heart of Americans as people who understand primary care, and when I say 'care' I mean the caring of patients. Osteopathic physicians have always understood that women and men are a trinity – that they are souls, they inhabit bodies and have a spirit. And I think the people who really initiated whole person medicine and made it a formality in this country are osteopathic physicians, and I think all of us should take our hats off to you."
In their own words

Excerpted from the PCOM Archives oral history collection, prominent alumni share memories of their medical school days. Second in a series of four articles.

Galen S. Young Sr., DO, ’39, College chancellor and professor emeritus

On becoming a surgeon:

“In those days, it was very difficult to get an internship. As a matter of fact, there were only six internships available in the United States... I was very fortunate in that I was able to get an internship at PCO... During that internship... the chief surgeon said to me, ‘Your internship is completed in July.’ I said, ‘That is correct.’ ‘What are you going to do then?’ his question was.

My answer was, ‘I’m going back to Lancaster to engage in family practice.’ whereupon he informed me that I was not going back, and said that I was going to pursue a course in surgery, and I said that I didn’t think I was qualified to do that, and further restraints were the fact that I had four brothers who also wanted a college education, and coming out of a Depression, I felt it would be too much of a drain on my parents, from a financial standpoint.

The chief surgeon informed me that he had already spoken to my parents, and they agreed that I should stay there at the college for several more years to pursue a course in surgery. He said, ‘Someday you’ll be chief surgeon of this hospital.’ I said, ‘I feel definitely that I’m not qualified to assume such a position.’ He said, ‘You will be well qualified after you complete your surgical training in this institution.’”

On the surgical clinics at the 48th and Spruce Streets Hospital:

“Before I was chief surgeon, I was clinical professor of surgery... charged with managing the clinics in surgery. We had an amphitheater at 48th Street... I always had very large clinics of standing room only. I never found out until about 20 years ago, when I was sitting in a restaurant upstate... A friend of mine and I were eating, and this man comes over to us and says, ‘Are you Dr. Galen Young?’ I said, ‘What’s left of me.’... He said, ‘I know you don’t know me, but I’m a graduate of Jefferson. And while we were at Jefferson, three other students and I bribed your students to give us gowns, and we’d come in your clinic because we didn’t have anything like that at Jefferson.’ He said, ‘I learned a lot of surgery there.’”
Centennial Calendar

COMING EVENTS

August 23: Convocation
PCOM officially starts the academic year and presents each freshman with a white coat.

September (TBA): Student Activity Center Opening
PCOM opens its much-anticipated Student Activity Center. The Philadelphia 76ers will use the Center as its practice facility.

October 9: Centennial Ball, Pennsylvania Convention Center. Don't miss this lavish affair, which will boast a top orchestra and sumptuous meal in the beautiful ballroom of the Pennsylvania Convention Center. Guests also will receive a special gift and view PCOM's Centennial video.

October 18-22: PCOM celebrates National Osteopathic Medicine Week. (PCOM will celebrate early due to student exam schedules; actual NOM is November 7-13). NOM Week activities will include a "Primary Care Dinner" at the Adam's Mark Hotel and educational seminars on campus.

November 17: Internal Finale, PCOM. The College will close the Centennial year with a party for students and employees to thank them for all their help in promoting PCOM during 1999. The fall harvest celebration will feature refreshments and entertainment truly unique to Philadelphia: a string band!

Right: In Congress January 6, US Representative Chaka Fattah of Pennsylvania offered this tribute to PCOM to honor the College on its 100th anniversary. It is excerpted from the Congressional Record, the written record of Congress.
**Centennial Commemorative Gifts**

**Item #1** Pyramid Desk Set
- Polished black marble desk set; quartz clock with Roman numerals & clock gold ballpoint pen; size: 5-3/4" x 3-1/2"; this item can be personalized with engraved brass nameplate for an additional $5.00
- $62.75

**Item #2** Pyramid Clock
- Polished black marble pyramid clock with Roman numerals; same classic design; size: 3-1/2" square base x 3-1/2" high; this item can be personalized with engraved brass nameplate for an additional $5.00
- $43.75

**Item #3** Miniature Clock
- Polished black marble miniature quartz clock with Roman numerals; size: 2-3/8" x 2"; this item can be personalized with engraved brass nameplate for an additional $5.00
- $35.00

**Item #4** Cuff Link Set
- Polished black marble cuff link set with PCOM die struck centennial medallion
- $17.50

**Item #5** Business Card Case
- Business card case; 24k gold plate with die struck centennial medallion
- $14.50

**Item #6** Letter Opener
- Letter opener; 24k gold plate with die struck centennial medallion
- $14.50

**Item #7** College Seal Playing Cards
- College seal playing card set; bridge size; packaged as double decks in burgundy & gold complete with black velour box decorated with centennial seal
- $13.00

**Item #8** Centennial Logo Playing Cards
- Centennial year logo playing cards; bridge size; single set packaged in black velour box decorated with centennial seal
- $13.00

**Item #9** Burgundy Leather Coaster
- Burgundy leather and 24k plated brass coaster with die struck centennial medallion
- $12.50

**Item #10** Leather Key Fob
- Leather key fob with die struck centennial medallion
- $5.95

**Item #11** Mini Umbrella
- Mini umbrella with auto open/close; wine with college seal
- $15.00

**Item #12** Expandable Briefbag
- Expandable briefbag with filing compartment, organizer pockets, padded detachable shoulder strap; black with embroidered PCOM logo
- $40.00

**Item #13** Set of 2 Lead Crystal Flutes With Seal
- Champagne flutes, lead crystal with etched college seal; packaged in commemorative gift box
- $35.00

TO ORDER CALL IMAGE INK at (610) 668-3668
His youngest patient is a week old and his oldest is 99 years. That's what Luke Nelligan, DO, '91, likes best about family practice.

"You get to do a little of everything, from pediatrics to geriatrics," he says. "You have the opportunity to handle problems in all the subspecialties as a gatekeeper and practice osteopathic manipulation as well. Family practice is the perfect match for me."

Dr. Nelligan's experience as a medical student at PCOM's Cambria Street Healthcare Center set him on the road to his current position as medical director of a family practice in Speedway, Indiana. "I saw so much illness at Cambria Street," he recalls. "It really sold me on the need for family practice."

Dr. Nelligan incorporates the osteopathic philosophy into his daily practice at Speedway Family Physicians, a family practice and urgent care center that is part of the Westview Hospital network in Indianapolis. In the past two years, the number of monthly patient visits at Speedway has skyrocketed from 400 to 1,000. Dr. Nelligan credits this phenomenal growth to the osteopathic approach.

"Patients like to have a doctor who is approachable, who's going to listen to their problems and treat each of them as a whole person - not just a disease entity," he explains.

"Manipulation gives us an additional treatment modality, especially in the case of musculoskeletal injuries," he continues. "Patients are really happy when they can return to work and an active lifestyle much faster because of it."

At PCOM, he had his first personal experience with osteopathic manipulative medicine (OMM). As a freshman, he suffered from low back pain while playing rugby. After five OMM treatments, the pain was gone. "I'm living proof that it works," he says. Sometime later, he jumped at the opportunity to help Galen S. Young Sr., DO, '35 in his office so he could hone his own OMM skills.

In addition to Dr. Young, Dr. Nelligan had three other mentors at PCOM whom he's tried to emulate. "I always remember John Angeloni, DO, '75 saying, 'Listen to the patients. They'll tell you what's wrong,'" he relates. "Joe Kenney, DO and Wayne Miller, DO, '85 always stressed the importance of keeping current on medical advances and having compassion and empathy for patients."

"The lessons I learned from these four people served as the foundation for everything I do as a physician. And I try to pass on their wisdom to the medical students and residents I instruct in my practice. PCOM has a far-reaching effect on medicine - a lot further than people realize!"

As the first elected member of the PCOM Alumni Association Board from a '90s graduating class, Dr. Nelligan feels privileged to be able to give something back to the college. He welcomes the opportunity to be a liaison with younger alumni, encouraging them to become more active in the Alumni Association. He also actively promotes PCOM, especially in the Midwest where he hopes to attract more students to the college. And he looks forward to influencing the direction of the curriculum, particularly for third- and fourth-year students.

Newly elected as president of the Indiana Osteopathic Association, Dr. Nelligan recently was named "Outstanding Young DO" in Indiana. Although he considers peer recognition a great honor, he says the daily achievements involved with helping his patients give him the most satisfaction.

"I recently had a diabetic patient who thanked me for saving her life because I detected some serious problems and sent her to a specialist," he relates. "Not long ago, I had a letter from an autistic patient in his 30s. When he comes to see me, he hardly talks, but he made the effort to write a letter, thanking me for taking him on as a patient. Experiences like these remind me over and over why I chose this profession."

When he's not seeing patients or tending to emergencies at Speedway, Dr. Nelligan enjoys jogging and weightlifting. A self-proclaimed sports junkie, he likes to unwind by sailing with his wife, Carroll.

"Family practice is the perfect match for me."
Memphis: home of Beale Street blues clubs and Rendezvous restaurant's heaping plates of barbecued ribs. For Jack, 'Croach', Kevin and 'T-Bone,' it marked the first major stop on their cross-country motorcycle trip along the fabled Route 66, a ride that began on June 18 with a dip of their back wheels in the Atlantic Ocean at Ocean City, NJ and ended nine days later at the Pacific Ocean off Santa Monica Pier in Los Angeles.
For John J. ("Jack") McPhilemy, DO, '78, who rode his Harley Davidson 'Road King,' it also was one of those rare vacations from a busy professional schedule. In addition to his Philadelphia-area orthopedic surgery practice, Dr. McPhilemy is chairman and professor of orthopedic surgery at PCOM, chairman of the orthopedics department at Tenet – City Avenue Hospital and president of the American Osteopathic Academy of Orthopedics (AOAO). He is also team physician for the Philadelphia 76ers where, incidentally, he became friends with the professional basketball team’s president Pat Croce, a.k.a. 'Croach.'

"This country is so incredibly beautiful and diverse – it’s amazing, and we’ve seen a lot of it," Dr. McPhilemy observes. "You meet a lot of interesting people on the road and have a lot of unusual experiences. Two years ago I was in Wyoming riding in the Plains, and it was approaching 90 degrees. Then a snowstorm in a mountain pass. One hour and four inches of snow later, I was out of the pass and it was 80 degrees again. It was just beautiful to go through such extremes. This country and the people never fail to amaze me. We have such incredible diversity in people and scenery."

Dr. McPhilemy also delights in the challenge and diversity of his career – the one he's wanted since he was a boy growing up in Philadelphia. "I always wanted to be a doctor, but I didn't know whether I'd get there," he explains. "Growing up, you think of doctors as people whose fathers were doctors. My dad was a cop and I was one of six kids."

After graduating from St. Joseph's University, he taught school for a year and then spent three years as a pharmaceutical rep. "I enjoyed those things immensely, but I still wanted to go to medical school," he says. "A lot of it is timing and luck: having the right stuff for when the opportunity comes. For me the opportunity came, and I've always felt very, very lucky for that."

He completed a three-year surgical residency at PCOM, one in trauma surgery and two more in orthopedic surgery. "There is instant gratification to surgery: if someone has a problem and I can do something and see the results of it quickly, that is a much more powerful stimulus to me," he says. "And the drama of surgery was always attractive to me."

Dr. McPhilemy opened a private practice in 1983, and by 1988 he had two partners, also PCOM alumni. Today the Philadelphia Orthopedic Group has three offices. A significant part of the practice is in sports medicine. "I played basketball in high school, college and at PCOM, and always was interested in athletic medicine, but never went into it with the idea of carving
out a niche in sports medicine," he says. "I enjoy every component of my practice."

Then in 1988, another opportunity came along. "I was taking care of a couple of the Sixers players and, coincidentally, the team physician for the Sixers was stepping down. Management asked if I was interested," he remembers.

As team physician, Dr. McPhilemy's responsibilities include treating players during practice and games, developing conditioning regimens, evaluating players pre- and post-season, and evaluating rookies and players being considered for the draft and for trades. He attends every game and one or more practice sessions each week. These responsibilities add about 15 hours a week to his schedule during the season, which runs November through April.

Treating professional basketball players has its challenges, surprises and rewards. "The biggest challenge is recognizing their injuries in a timely fashion and getting them back to playing," he says. "What's surprising is that a game that happens at the intensity and velocity at which professional basketball happens doesn't produce more injuries. The satisfaction is seeing someone who is hurt, getting him through it and back to playing."

Dr. McPhilemy believes osteopathic medicine has much to offer professional athletes. "I think the holistic approach DOs have is helpful, and also my training and experience in osteopathic manipulative medicine."

Soon the 76ers will be even closer to his City Avenue office. Construction is almost completed on a state-of-the-art facility at PCOM, the Student Activity Center, that will serve as the Sixers' permanent practice site.

Dr. McPhilemy also enjoys sharing his knowledge with students, including lecturing second-year medical students and training orthopedic surgery residents at PCOM, and working with students from various schools on rotation at his practice. "It's a lot of fun being a teacher, but it's also fun having them teach me," he says. "That's especially true of the residents. With just a question they challenge you to defend your position, and in the explanation, sometimes I see something I didn't before."

In addition to riding motorcycles, Dr. McPhilemy loves music and scuba diving, and a good John Grisham novel can keep him up into the wee hours of the morning. He says he would be delighted if his two sons, who are in their early 20s, wanted to become doctors. But he and their mother, Joyce, encourage them to pursue careers that they will enjoy. "My father was always very supportive of me and what I wanted to do, but never pushed me, and I've tried to be that way with my kids," he says.

Because for Jack McPhilemy, life is all about seizing the opportunities to do what you love, and giving it everything you've got.
Letter to the editor

Dear Friends:

This is a note of congratulations on your recent issue of the PCOM Digest and for the Part I issue of the PCOM Centennial.

As a fellow in the department of radiology under Paul T. Lloyd, DO, I was especially interested in the section devoted to the first 25 years. I was in the class of '33 and had an academic fellowship in the department of radiology, dated September 1932 to June 1934, serving under the tutelage of Dr. Lloyd. I practically "lived" in the hospital at 46th and Spruce Streets the five years I was a student and intern, so I am delighted with the Part 1 of the Centennial.

I look forward with interest to Part 2 of the publication as PCOM celebrates 100 years!

Sincerely yours,
Lucile Lumsden-Joslin, DO, '33

PCOM alumnus named Pennsylvania physician general

On February 9, Robert S. Muscalus, DO, '83 was unanimously confirmed by the Pennsylvania State Senate as the state's physician general. Dr. Muscalus, who is the first DO to serve as physician general in Pennsylvania, was praised by Governor Tom Ridge as an outstanding representative of Pennsylvania's osteopathic medical community. "His background practicing osteopathic medicine in Pennsylvania will bring new insights and experiences to health care policy-making in this Commonwealth," Gov. Ridge said.

Dr. Muscalus is vice president of medical affairs and medical director of Xact Medicare Services, part of Highmark, Inc., in Camp Hill, Pa. Dr. Muscalus will focus on three key areas as physician general: children's health, including immunization and management of chronic illness; preventive health screening for adults such as for breast and colon cancer; and ensuring quality and compassionate health care for the elderly.

PCOM researchers Alzheimer's disease research by Brian Balin, PhD, associate professor, microbiology/immunology and Denah Appelt, PhD, assistant professor, biomedical sciences, has received media attention lately. Quotes from Dr. Balin were included in a Washington Post front-page article about numerous research studies linking various diseases to bacteria. In their research, Drs. Balin and Appelt have uncovered an association between a bacterium, Chlamydia pneumoniae, and Alzheimer's disease. An article by the doctors detailing their ongoing research was included in the April Hospital and Healthcare News. They also had their work published in the June 1998 Medical Microbiology and Immunology.

PCOM Alzheimer's researchers receive media coverage

Alzheimer's disease research by Brian Balin, PhD, associate professor, microbiology/immunology and Denah Appelt, PhD, assistant professor, biomedical sciences, has received media attention lately. Quotes from Dr. Balin were included in a Washington Post front-page article about numerous research studies linking various diseases to bacteria. In their research, Drs. Balin and Appelt have uncovered an association between a bacterium, Chlamydia pneumoniae, and Alzheimer's disease. An article by the doctors detailing their ongoing research was included in the April Hospital and Healthcare News. They also had their work published in the June 1998 Medical Microbiology and Immunology.

PCOM Headache/OMM study expands

Patrick Coughlin, PhD, associate professor of anatomy, received a $7,900 grant from the National Headache Foundation to build upon a two-year research project on the effects of osteopathic manipulative treatment (OMT) on headache pain. The original study, begun in October, is funded by the American Osteopathic Association. It is designed to determine if three OMT techniques — strain/counterstrain, myofascial release and craniosacral — are effective in reducing the pain of migraine, tension and sinus headaches. Dr. Coughlin hopes that the study will prove what osteopathic physicians have long suspected — that treating the root cause of a medical condition is more effective than just treating the symptoms.

With the additional grant money, Dr. Coughlin will add more subjects to his study. Any member of the PCOM family is eligible to become a study subject: alumni, faculty, staff, students and their family members, as long as they are currently experiencing a headache. Participants receive a $75 honorarium. Call (215) 871-6410 for more details.

College announces master's in psychology program

Beginning this fall, PCOM is offering a Master of Science in Clinical Health Psychology. The two-year program provides generalist graduate training in clinical psychology with an emphasis on health psychology. Designed for the working professional, the program's classes are held weekday evenings and a full weekend once a month.

Program graduates will be prepared to provide assessment and treatment services in a broad range of clinical settings. They will also have expertise in applying psychological theory and techniques to medical problems. The program trains mental health care providers to work in primary care settings, collaborating with the primary care physician using a biopsychosocial model.

Program coordinator is Elizabeth Gosch, PhD, who joined PCOM's faculty in March after serving as an
instructor at the University of Pennsylvania. She has published and lectured internationally on the cognitive-behavioral treatment of anxiety disorders in children.

If a PCOM alumnus or alumna refers a candidate for the program, the $50 application fee will be waived. Please contact the admissions office at (215) 871-6701 or admissions@pcom.edu.

New Roxborough Healthcare Center opened

The new, expanded Roxborough Healthcare Center, located at 5830 Henry Avenue in Philadelphia, opened this summer. The 13,000 square-foot Center includes a Women, Infants and Children (WIC) office and a pharmacy. The Center has 11 larger and more private exam rooms and two procedure rooms—seven more than the previous location. The Center also accommodates more patients than the previous facility, with two additional physicians on staff, including a pediatrician.

Positive reviews from Middle States site visit

PCOM has reached the final stage of its candidacy for accreditation by the Middle States Association of Schools and Colleges. A seven-member Middle States team conducted a full accreditation review on campus in late March. In its report, the team recognized the outstanding efforts of PCOM faculty, staff and students, which resulted in a thorough and honest self-study document. The team said PCOM students were “bright, enlightened and proud of their institution,” PCOM faculty was “dedicated and hard-working” and senior administration was “top notch.” The evaluation team will make its recommendation to the Middle States Commission on Higher Education, which will take a formal vote this summer.

President receives AOA citation

Leonard H. Finkelstein, DO, '59, PCOM president, was awarded a Presidential Citation from the American Osteopathic Association for his leadership as PCOM president, his dedication to improving the quality of osteopathic medical education and his commitment to unity within the osteopathic profession.

Steinberg becomes ACHE fellow, joins heart association board

PCOM executive vice president Samuel H. Steinberg was recertified as a fellow of the American College of Healthcare Executives (ACHE), an international professional society dedicated to improving public health by advancing excellence in health care management. Only 10 percent of health care executives nationwide have earned fellow status. Steinberg was also nominated to the board of directors of the American Heart Association of Southeastern Pennsylvania. His one-year term began July 1.

OMM student fellows named

The 1999 fellows in the Osteopathic Manipulative Medicine Fellowship Program are, left to right, David Keller, Natalie Hayes, Sheryl Oleksi, Tara Heino, Sandra Ranieri and Lauren Johnson, all class of '01. The program is funded by a capital campaign gift from the family of C. Paul Snyder, DO, '10 and the Oxford Foundation.

STUDENT ACHIEVERS

Student council president named

Heather Markovitz, PCOM '01, was elected student council president on April 14. Previously, she served as student council's corresponding secretary. Active in SOMA and the OB/GYN Club, she is president of the PCOM Runners Club.

PCOM psychology student receives fellowship, award

Second-year PsyD student Claudia Blackburn received a one-year, $5,000 fellowship from the John Frederick Steinman Fellowship Foundation in Lancaster, Pa. She was also awarded a Medal of Merit from the President of the Republic of Poland for restructuring alcohol and drug addiction treatment programs in Poland. From 1989 to 1996, Blackburn lived in Warsaw, where she helped train government employees, psychologists, physicians and police in western treatment methods for addiction.
Poster project helps students become better communicators

Class of 2002 students demonstrate a poster they created for the Molecular and Cell Basis of Medicine course taught by Eugene Mochan, PhD, DO, '77, associate dean for primary care education and professor of family medicine. Students developed a poster that explains a medical condition in clear language so patients can understand it. The posters were exhibited to the PCOM community on February 17 and 18 in Evans Hall. Proudly displaying their poster are, left to right, Jim Holencik, Jessica Gorr, Sang He Ha and Ben Geishaufer.

Great season for women's rugby team

The women's rugby team finished the spring season with a record of 4-0. Formed in 1997, the team has played four seasons, competing against area colleges. Shown after their last match are, from front row, left to right, Heather Schottis, PCOM '02; J.J. Roberts, PCOM '00; Carrie Bassett, PCOM '00; and Mary Greis, PCOM '01. Middle row, left to right, are Keri Vinous, PCOM '02; Colleen Temper, PA student; Joanie Deardrich, Becky Johnson, PCOM '02; and Ellen Kazanski, PA student. Not pictured are Christy McGeorge, PCOM '01; Bobbi Kutz, PCOM '01; Cecilia Alvarado, PCOM '00; and Becky Armbruster, PCOM '00; Sandy Rabiner, PCOM '01 and Jackie Reardon, PCOM '00. Team members include students from PCOM's DO and PA programs, and their friends.

Student injured in Arizona fall returns to campus

Damean Freas, PCOM '01, who was rescued from a ravine in Sedona, Arizona, where he and fellow student John Kearney fell while hiking, is back on campus. (Sadly, Kearney did not survive the fall. See his obituary in the last Digest, No. 1.) Freas is working through his recovery day-by-day, but is doing well and remains optimistic. Doctors did not want Freas to return to classes until the fall, but he felt that getting back into a routine would help with his recovery. Enrolled in the joint DO/MBA program, he will graduate in 2002.

Freas said he is truly grateful for the outpouring of support he has received from the staff, faculty and students at PCOM since the accident. "The PCOM community really pulled together behind me," he said. "I could not have made it back without their help." In addition to PCOM, Freas said he received flowers and cards from seven other osteopathic medical schools.
Looking for dues at POMA . . .

"Detective Columbo" was busy rounding up suspects at the POMA convention: left to right, Leonard V. Limongelli, DO, '68, 1999-2000 POMA president; Michael F. Avallone Sr., DO, '59, POMA chairman, bureau of convention and professional meetings; and John E. Callahan, DO, '67, 1998-1999 POMA president.

Spring conventions at a glance

More than 130 alumni attended PCOM's reception at the American College of Osteopathic Family Physicians (ACOFP) convention March 17-19 in San Diego. At the nautical-themed "Bayside Bash," Alfred P. Mattera, DO, '63 won the raffle's grand prize of two Centennial Ball tickets.

OMM fellow John Tortu, PCOM '00 represented the College at its exhibit at the American Academy of Osteopathy (AAO) convention March 24-28 in St. Louis, Missouri. More than 20 PCOM student members of the Undergraduate AAO attended the convention, where a PCOM history book brought $125 in a silent raffle.

PCOM was graciously acknowledged as the only college to exhibit at the Association of Military Osteopathic Physicians and Surgeons (AMOPS) conference April 12-16 in Colorado Springs, Colo. Keynote speakers included Sue Bailey, DO, '77, assistant secretary of defense for health affairs, and Lt. Gen. Ronald R. Blanck, DO, '67, surgeon general/commander, United States Army medical command.

At the Atlantic Regional Osteopathic Convention (AROC) April 14-17 in Atlantic City, NJ, more than 120 alumni attended the alumni luncheon. Frederick J. Humphrey II, DO, '66, received the "Physician of the Year Award."

At the Pennsylvania Osteopathic Medical Association (POMA) convention April 28-May 1 in Philadelphia, Leonard V. Limongelli, DO, '68, was installed as the 1999-2000 POMA president.
Many other alumni were honored at POMA:

- **Earle Noble Wagner, DO, '55** received the prestigious 1999 "Family Physician of the Year Award" from the Pennsylvania Osteopathic Family Physicians Society.

- **PCOM president Leonard H. Finkelstein, DO, '59** received the "Editor-in-Chief Award" from POMA for 16 years of service as editor-in-chief of the *Journal of POMA*.

- 14 alumni were granted Life Memberships in POMA:
  - John W. Becher, DO, '70
  - David Bronstein, DO, '56
  - John F. Callahan, DO, '67
  - Alfred R. D'Angelo, DO, '79
  - Carlo J. DiMarco, DO, '78
  - Ronald J. D'Orazio, DO, '62
  - Leonard H. Finkelstein, DO, '59
  - Frank H. Guinn, DO, '76
  - Harvey A. Harris, DO, '66
  - Joel Mascaro, DO, '69
  - Nicholas C. Pedano, DO, '61
  - Stanford A. Shor, DO, '64
  - Barry D. Walp, DO, '56
  - Harold P. White, DO, '61

- **Alexander Nicholas, DO, '75**, received the "Frederick J. Solomon Award" from the Pennsylvania Osteopathic Family Physicians Society (POFPS).

- **Lenwood B. Wert, DO, '59**, received the "Raymond J. Saloom Award" from POFPS.

Also at POMA, **Kevin Kirk**, PCOM '99 and **Gretchen Krimmel**, PCOM '99 tied for second place in the essay contest. **Robert McMurtrie Jr., DO, '98** received an honorable mention.
Ronald Cowen, DO, '66, St. Davids, Pa., was appointed to Temple University Children's Medical Center Community Advisory Board.

Miles G. Newman, DO, '67, Elizabethtown, Pa., received the "Pennsylvania State Volunteer of the Year Award" from the Pennsylvania Emergency Services and Health Council.

George L. Bradley, Jr., DO, '68, Cherryville, NC, was elected to the board of trustees of the American Osteopathic College of Rheumatology.

Bernard C. McDonnell, DO, '72, Villanova, Pa., was named a fellow in the 1998-99 American Osteopathic Association National Health Policy Fellowship Program.

Donald A. Krachman, DO, '73, Cherry Hill, NJ, was appointed medical director of the Family Health Center of Virtua Health, West Jersey Hospital. He is the first DO to be appointed medical director in this health system.

John J. Payton, DO, '73, Akron, Ohio, was appointed medical director of St. Luke Lutheran Community of North Canton.

Alan L. Meshekow, DO, '74, Canton, Ohio, was elected secretary-treasurer of the American College of Osteopathic Surgeons (ACOS). He also was elected to a three-year term on the ACOS Board of Governors.

Bruce C. Bayles, DO, '75, Hartwell, Ga., was elected secretary-treasurer of Georgia Osteopathic Medical Society's District I.

Richard A. Pascucci, DO, '75, Malvern, Pa., was featured in an article in The DO titled "FPs, rheumatologists urged to tackle rheumatoid arthritis in early stages."

William M. Silverman, DO, '76, Maitland, Fla., was appointed president-elect of the Florida Osteopathic Medical Association.

Gilbert E. D'Alonzo, Jr., DO, '77, Huntingdon Valley, Pa., wrote an editorial which appeared in the Journal of the American Osteopathic Association titled "Broader picture surrounding new pediatric labeling for topical corticosteroid therapy."

Benjamin Abraham, DO, '80, Lithonia, Ga., was elected president of the Georgia Osteopathic Medical Association (GOMA) for 1999-2000 and served as GOMA program chair in 1998-1999. He also became a member of the Medicare Advisory Board of Georgia and served a medical mission to Venezuela in September 1998.

Paul D. Seltzer, DO, '80, Palm Beach Gardens, Fla., was appointed first vice president of the Florida Osteopathic Medical Association.

John D. Conroy, Jr., DO, '81, Harrisburg, Pa., was inducted as a fellow of the American College of Osteopathic Internists. He was also named assistant professor at Johns Hopkins Hospital in Baltimore.

William T. Merchant, DO, '81, Lebanon, Pa., was appointed chief of surgery at Good Samaritan Hospital, Lebanon, Pa.

Paul F. Dende, DO, '82, Dunmore, Pa., was elected president of the Lackawanna County Medical Society. He is the first DO to serve in this
capacity in the 122-year history of the society. He also serves as chairman of the Pennsylvania Medical Society's Physician's Health Program.

Edward A. Matthews, DO, '82, Columbus, Ga., was elected secretary-treasurer of Georgia Osteopathic Medical Society's District 3.

Charles J. Sophy Jr., DO, '86, Los Angeles, Calif., became a fellow of the American College of Osteopathic Neurologists and Psychiatrists. Board certified in child and adult psychiatry and in family practice, Dr. Sophy serves on the American Board of Osteopathic Neurology and Psychiatry.

Stanley Bohinski, DO, '88, Wilkes-Barre, PA was recognized as a "Hometown hero" by the Greater Wilkes-Barre Leader for making a difference in his community. He was featured in that newspaper in an article titled "This doctor adds TLC to his prescriptions."

John L. Damiani, DO, '88, Trenton, Mich., was part of a team of doctors who conducted a humanitarian medical mission to Cotija, Mexico.

90s

Bernard F. King, DO, '90, Thornton, Pa., was featured in an article in The DO titled "Academy members join sports experts in studying supplements to treat pain."

Constance M. Linn, DO, '90, Fairview, Pa., joined the medical staff at University Hospitals Health System - Memorial Hospital of Geneva. A former Peace Corps volunteer, she spends two weeks every winter in Guatemala, where she volunteers to help children who need surgical procedures.

James D. Bove, III, DO, '91, Athens, Ohio, joined the faculty of Ohio University - College of Osteopathic Medicine as an associate professor of surgery, department of specialty medicine.

Thomas D. Beck, Jr., DO, '92, Norristown, Pa., joined Fox Chase Orthopedics and the staff at Frankford Hospital.

Thomas D. Mino, DO, '92, Broomfield, Colo., was elected to the board of directors of the Colorado Physician Health Program.

Keith P. Radbill, DO, '93, Bethel Park, Pa., was board certified in family practice. He was appointed chairman, department of family practice at University of Pittsburgh Medical Center and named director of Hospice Care of Pittsburgh.

Dean J. DePerro, DO, '95, Cuyahoga Falls, Ohio, joined the medical staff at Robinson Memorial Hospital in Ravenna and the Portage Internal Medicine Practice in Kent, Ohio.

Alumni receive Certificate of Merit

PCOM's Alumni Association board of directors awarded the following alumni "Certificates of Merit" for outstanding achievement in osteopathic medicine.

L. Edward Antosek, DO, '72, Captain, Medical Corps, US Navy, Cairo, Egypt, assumed command of the Naval Medical Research Unit, Number 3 in Cairo, Egypt.


Robert S. Muscalus, DO, '83, Hummelstown, Pa., was appointed physician general of the Commonwealth of Pennsylvania.

In Memoriam


Albert B. Carey, Jr., DO, '61, FP, Cherry Hill, NJ, March 2.

Myron Cohen, DO, '64, FP, Massapequa Park, NY, November 16.


Solomon Kominsky, DO, '59, FP, Langhorne, Pa., January 27.


Herman R. Kramm, DO, '36, FP, Willow Street, Pa., December 18.

Richard B. Lentz, DO, '39, FP, Camp Hill, Pa., March 2.


William F. Saponaro, DO, '54, FP, Southampton, Pa., December 28.


Jim Wolf, former PCOM manager and long-time employee, dies

The PCOM community is saddened by the death of Jim Wolf, 56, former PCOM Plant and Facilities Manager, who died February 6. Wolf worked at the College for 29 years. While still in high school, he was hired by former president Thomas M. Rowland as an office boy when PCOM was at 48th and Spruce Streets. He went on to hold several positions at the College, including College Recorder, Hospital Administrator, and Plant and Facilities Manager. In this last position, he played a key role in moving College offices into Rowland Hall. His former assistant, Debbie Dreina, describes him as "a great friend - the kind of person who was always there for everyone."
COMING EVENTS

PCOM publications win awards

The College is proud to report that five PCOM publications recently received awards in industry competitions, with Digest receiving two awards:

DIGEST
- EPIC Award from the International Association of Business Communicators (IABC) for "Best internal publication - magazine."

1998 ANNUAL REPORT
- EPIC Award from IABC for "Best Annual Report – non-profit."

HISTORY BOOK
- Philly Gold Award for "Best book design - limited edition."

VIEWBOOK
- Philly Gold Award for "Best book design - promotional."

CENTENNIAL CALENDAR
- Silver Award in Neenah Paperworks competition.

August 23
Convocation
PCOM Board of Trustees meeting, Evans Hall

September (TBA)
Student Activity Center Opening

October 2-5
Annual Clinical Assembly of Osteopathic Specialists
Sheraton Seattle, Washington

October 6-10
American College of Osteopathic Internists
La Quinta, Calif.

October 9
Centennial Ball
Pennsylvania Convention Center, Philadelphia

October 18-22
PCOM celebrates National Osteopathic Medicine Week (due to student exam schedules)

October 24-28
American Osteopathic Association Annual Convention
San Francisco

November 7-13
National Osteopathic Medicine Week

PHILADELPHIA COLLEGE OF OSTEOPATHIC MEDICINE
4180 City Avenue, Philadelphia, Pennsylvania 19131

Address service requested