Also in this issue: Anesthesia Grads Enjoy Optimistic Job Outlook, Athletic Training Program Produces Top-Notch Pros, Alumni Happenings, and more....
For those alumni residing in warmer regions, I am not sure you can fully appreciate just how good it feels to finally have the temperature rise above 45 degrees and have the snow melt away here in the Northeast. Spring is in the air and with it, anticipation, including the advent of the new president of the University, Dr. Jack Miller. We look forward to Dr. Miller’s arrival on campus in July.

In his interviews on campus with students and alumni, Dr. Miller stressed how important it is for Central to continue to build upon the many accomplishments the University has achieved in recent years. Alumni play an important role in heralding these accomplishments, and in this issue of Central Focus you can read about several alumni who are doing just that through very successful careers in fields related to medicine. Others who are helping to spread the word include a significant number of high-profile graduates from the athletic training program, as well as alumni of the rigorous and excellent master’s degree program in anesthesia, both of which are highlighted in this issue.

We continue to experience a tremendous increase in the number of alumni reconnecting with the University after years of being away. This is great news for your alumni association and, if you have not done so already, we encourage you to log on to the website, drop us a note, or give us a call to let us know where you are and what you are doing. Enjoy this issue of your alumni magazine, and enjoy Spring!

Wendell G. Davis, Jr. '89

In the News

CSU Professor of Archaeology Dr. Warren Perry, along with alumni Gerald F. Sawyer ’97 and Janet Woodruff ’02, were the subject of a feature article in the March/April 2005 edition of Archaeology, a general interest magazine read by some 230,000 archeology enthusiasts. The story focused on the fact that “slavery was rather common in the Northeast through the early nineteenth century, for it was one arm of the infamous Triangle Trade, in which Northern rum and guns were exchanged for captives on the African coast, who were traded in the Caribbean for molasses, which was shipped north to be turned into rum.”

More recently, Dr. Perry organized the first Robert N. Aebersold Student Conference on African Diaspora Archaeology, in which eight CCSU undergraduates gave multimedia presentations on numerous topics relating to African Diaspora Archaeology. For a report on the event, see page 8.
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**FROM US TO YOU**

Success can be defined in a number of ways, and while it is hard to argue that any one way is more important than another, it seems indisputable that professional achievement often can be traced back to a solid college education. The cover story for this edition of *Central Focus* supports this thesis, as we take a look at a half-dozen alumni who have gone on to succeed in a variety of fields related to medicine. Following that thread, we also highlight two other programs that have made their mark: the master’s degree program in anesthesia, which is the only regional program of its kind in New England, and the athletic training program, which is recognized nationally for producing some of the top professionals in that field.

These articles merely scratch the surface in chronicling the success of our alumni. But we hope the stories reveal a small kernel of truth: that a CCSU education is an important element in helping eager minds realize their dreams.

Of course, we want to hear about your successes, too! Drop us a line or send us an email. Updates may be submitted via our website at www.ccsu.edu/alumni/update.htm; other messages may be directed to our email address at alumnidept@ccsu.edu. Hope to hear from you soon!

—The Central Focus Editorial Staff

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Rx for Success: Central Alums in Medicine

By Martha Perry

Carol Ammon, Angela Moemeka Emejulu, Richard Fichman, Chris Loughlin, Gary Myers, and Greg Schaffer all have something in common. Or, more precisely, they have three things in common. They all earned their undergraduate degrees at CCSU; they all went on to pursue careers in medically-related fields; and they all have been extremely successful.

Despite being at various points in their careers, to a person, these Central alums credit their state university education with helping them get to where they are today. They have fond memories of their days at Central, and, in some cases, the professors who helped them shape their career objectives.

The CEOs

Carol Ammon ’73 grew up on Long Island and wanted to go away for college. Her high school guidance counselor recommended CCSU, and when Ammon came to visit the school, she fell in love with the campus.

“When I arrived at Central, I really had no idea what course of study I wanted to pursue. I took a general liberal arts program and then, in my sophomore year, I was exposed to some pretty terrific science teachers. I had always liked math and science, so I decided to study biology with a minor in chemistry.

The decision paid off. Today, Ammon is Chairman of Endo Pharmaceuticals, an industry leader in pain management medications, including Percocet® and Lidoderm®. Since leading a management buyout from her former employer, DuPont Merck, in 1997, Ammon has made her mark, guiding Endo’s growth from 25 employees and $108 million in revenue to more than 700 employees today and $615 million in revenue in 2004.

As one of only five female students in the chemistry department back in the early 1970s, even Ammon might not have predicted such success. But while she found her undergraduate experience challenging and even a little intimidating, her professors—among them, Dr. Richard Groth and Dr. Timothy Shine—“made it easy to feel very much a part of the program.”

After graduating, Ammon went to work for DuPont in research. But when she got a chance to see the business side of pharmaceuticals, which “seemed much more fascinating,” she went back to school and earned an M.B.A. Since then, her professional experience has taught her that being a man or a woman has little bearing on success. “I came up at a time when there weren’t very many women [in business], and you had to fight to get a seat at the table. That created some opportunities for me because I had two choices—I could get really angry about it, or I could accept it and recognize that I probably was just going to have to do a little bit more than my male colleagues. It was a great opportunity because it made me work that much harder,” she says.

In addition to being “fairly driven,” Ammon believes her success hinges on keeping her ego in check. “I don’t think I have a big ego, so I am willing to put people around me who are a lot smarter than I am, and who will make things happen. I listen to them and work in a team environment. I value the team very strongly. You can’t do anything without a great team of people, and I think the day you start thinking it’s about you is the day you’re going to start to fail.”

Greg Schaffer ’83 has worked his way up to the top, too, albeit by a different path. A native of Mansfield, Connecticut, he was in his thirties and serving as Director of Emergency Medical Services in New Britain when his friend and colleague, Dr. Richard Judd, encouraged him to finish his baccalaureate degree.

“I was not intending to go into hospital administration when I went to Central, but the opportunity presented itself and I took it and I’ve not been sorry.”

“I was doing fairly well professionally at the time,” says Schaffer, “but Dick kept at me, saying, ‘you really need to get your degree.’” Schaffer finally heeded the advice and enrolled in Central’s B.S. program in industrial technology.

“I could have gone to a number of colleges,” he recalls. “I applied to and was accepted at Trinity, but I was planning to pursue something totally different—physics—and teach, because I liked that field. But I also really liked public safety and health care, so I decided to go with the program at Central. And it really suited me.”

After graduating magna cum laude, Schaffer went on to earn an M.S. in management
therapy practice in Eugene, Oregon, before following their dream to locate permanently in Mammoth Lakes, California.

“My wife and I practiced physical therapy together for 16 years in a mountain resort town in the Eastern High Sierra,” explains Myers. “During that time, I was frustrated by the lack of progress our local hospital [Mammoth Hospital] had made to improve the quality of care. So when the CEO position became available in 1994, I applied for it and, following a national search, they offered me the job.”

Myers believes his professional success is due, in part, to the nurturing environment at Central. “I had a great advisor/professor, Dr. David DeNuccio, who was very supportive of my desire to pursue a career in health,” he recalls. “But,” he continues, “it really was my involvement in the football program that provided the most valuable life lessons: hard work, teamwork, friendships, endurance, patience, having fun, celebrating success, picking yourself up after failure, learning from your mistakes, humility, and pride.” Myers remembers such names as Bill Loika, Bob Trichka, Jack Olcott, George Redman, and Don Mendence, who “were all great coaches and mentors.” And, he says, “Carl Krein was my personal hero.”

Now Myers is energized by the people he works with on a daily basis. “I come to work every day and am surrounded by smart, funny, energetic people who really care about giving their best for patients. I oversee a number of teams working on many different problems and issues. Everywhere you turn, there is amazing technology and endless opportunities to acquire interesting new knowledge, and to interact with people of all ages from diverse places and cultures. It is a very stimulating environment, both personally and professionally.”

Gary Myers '74

Subsequently, they formed a physical
surgery, the intensity of the anatomy. No where in the body is the anatomy as intense as in the head and neck. I love the fact that I know the anatomy and can operate on it.”

He is equally proud of his ability to keep up with new technology. “One of the hardest things in medicine is to stay current, stay sharp, and I am very good at adapting my practice to the way medicine is changing,” he says. “I’m always looking for ways to do things better, for myself and for my patients.” As an example, a few years ago, Loughlin found a Coblation-assisted tonsillectomy that uses radio-frequency waves “to dissect through tissues and coagulate blood vessels, so you can take out a tonsil fairly bloodlessly and not leave the tissues charred.” According to Loughlin, as time has passed, more and more ENTs have jumped on the bandwagon. “I embraced the technology fairly early,” he says, “and realized there was a lot of benefit to my patients, including quicker recovery time, fewer post-operative complications, and less pain.”

Pediatrician Angela Moemeka Emejulu, M.D. ‘96 also had a personal connection to Central. Her father is a member of the communication department. But attending Central wasn’t a given for Emejulu; she also considered the University of Connecticut, where she ultimately went for medical school. Central won out for her undergraduate degree because she was impressed with the Honors Program. Like Loughlin, Emejulu majored in biology. She is now part of a small group practice in Reading, Pennsylvania.

“My mentor at Central was Dr. Thomas King, a professor in biomedical sciences. He was one of the genetics professors, and he was stellar,” Emejulu recalls. Emejulu had two careers in mind—teaching and medicine. “So I started out pre-med and decided that, if after a year I was still thinking about teaching, I would change, but I stayed with medicine.”

So far, she is pleased with her decision. What she likes most about her job is working with children. “I don’t think I have ever reached the end of a day and thought ‘why am I a pediatrician?’ The kids are wonderful, and being in private practice is a plus because you get to watch the children grow up. You see them from when they are newborns all the way through their college years. That’s the thing I really like about pediatrics: you become one of the family.” Conversely, Emejulu sometimes finds it difficult to meet parental expectations. “It’s challenging to balance the fact that you’re human, that there’s only so much you can know, and still try to be the best possible physician for the child.” At times, she says, it is hard to say to parents, “I can’t predict for you what is going to happen to your child over the next five years because of one ear infection.” Emejulu credits her success to perseverance, having a great support system from her family, and being someone who is always up for a challenge. Nevertheless, she says, “being a woman hinders you more than it helps you in medicine. Even in pediatrics, it is still an old boy’s club.”

But that won’t stop her from realizing her dreams. Emejulu plans to get a Master’s in Business Administration in health care management. “My ultimate goal is to start my own practice or my own pediatric acute care center so I can help inner city people who have limited health insurance. I enjoy the clinical part of medicine, but the business side is fascinating, and the health care field is so fast-growing that I really want to be a part of something like that.”

Richard Fichman, M.D. ’74 thinks his modest upbringing played a part in his success as an ophthalmologist. A grand-child of poor immigrants, he earned his B.A. from Central by attending night school while waiting tables during the day and working at his father’s Plainville butcher shop on weekends.

“I worked a lot of different jobs while going to school, so I can relate to my patients who, for the most part, are working people. I feel as though I am in tune with a larger cross-section of society. I can understand what they’re thinking. For instance, it’s important to understand if a patient can’t afford medication. It doesn’t matter how good the medication is if they can’t afford it. I remember the days when I struggled economically, so I understand patients like that.”

With a major in history and minor in theatre, Fichman planned to teach, but a lull in enrollments at the time meant that teaching positions were scarce. So he continued working toward a master’s in education, majoring in speech pathology and working with autistic children and stutterers.

“I began to think there was a psychological component to stuttering, because stutterers don’t stutter when they are given valium or recite poetry or sing,” Fichman observes. He decided to go to med school to become a psychiatrist so he could find a way to help stutterers. Once there, his interests changed. “I had never been very good with my hands. My penmanship wasn’t good, I

continued on page 13
Dick Judd is learning how to sleep in. Always an early riser, he used to awaken at 5:00 a.m. to start what was “a 25-hour day” as president of CCSU. Today, eleven months after retiring, he managed to push back the arms on his alarm clock—by a full hour.

“I get up a little later, but usually by 6 o’clock I’ll be moseying around,” he says.

“I don’t think anyone is every fully prepared for retirement,” he continues, “but all in all, I’m doing well. I’ve been traveling a bit and seeing the grandchildren and doing all those things you do when you have the time.”

Not that he has much time to spare. Judd has remained active in the community, teaching emergency medical treatment, volunteering with the New Britain Symphony Orchestra, and serving as a trustee at Mooreland Hill School.

But while Judd is not seen around campus these days, his presence is still very much felt. Having been associated with Central for more than 40 years, first as a student and then as an administrator, he left an indelible mark on the institution he cares so much about.

On the academic front, Judd is credited with many successes. The most notable of these, perhaps, is a new doctoral degree, the Ed.D. in educational leadership, which he guided to completion. The program graduates its first class in 2005.

“The Ed.D. was a major step for Central, to bring that resource to public school teachers who want to advance their careers. There was no doubt that, as we surveyed principals and superintendents, the Ed.D. was a big need,” Judd reflects.

Beyond that, he fostered relationships on an international level, forging exchanges between the University and its counterparts in Europe, the Caribbean, West Africa, the Middle East, and Latin America.

Judd was equally dedicated to raising the stature of CCSU closer to home. He wanted to build Central’s reputation as a premier public university, particularly within the central Connecticut region. One way to do this, he felt, was to “make the regional community understand that we were a resource, that we could serve them.” So Judd went out of his way to reach out to business and industry, exploring ways the University could help them be more productive.

“We engrossed ourselves in regional planning and looking at where Central fit into the population center, where we could help industry do a better job, help our schools do a better job,” Judd explains. To that end, he “tried to let the campus be open and let people know that we were there.” The various outreaches that were spawned—in public policy, criminal justice, banking and finance—spotlighted the fact “that we were there to help facilitate planning, to bring groups to campus that had never been there before—among them, chambers of commerce, town clerks, even local historians.”

Judd also devoted himself to shaping the physical campus. “The campus is a place for students,” he observes, “and I felt strongly that students who come to Central should be able to lift their heads high and say, ‘this is my campus.’ But over many years of growth, the campus came to lack architectural integrity and interest, with “lots of square buildings and no place for people to relax,” says Judd.

“The big joy, I think, for any university president, but clearly for me, was seeing students succeed.”

“The idea of the central mall was a big focus for me, to create a place where students would want to be. Closing down Wells Street and redefining the campus was an important part of where I was going.”

Judd and his wife, Nancy, made another lasting contribution to CCSU by establishing two endowment funds. The Richard L. Judd Scholarship Fund, begun in 1990, awards annual scholarships to Central students who demonstrate “exemplary involvement and leadership in student or community activities” that positively impact the University community. The fund, which now totals over $110,000, adds tremendously to the CCSU Foundation’s $17 million endowment, of which $9 million is directly linked to scholarship support. A second fund, the Larkin-Fox Fund, was established in 2003 in honor of Nancy’s parents and aunt. This fund focuses on another Judd priority—the arts—and is used to support University theatre productions, art exhibitions, and musical performances.

Looking back on his years at Central, Judd is philosophical. “What I want people to think about most [when they think of me] is that this is someone who loves Central. I spent most of my professional career there, and while the University stands on its own merits, it was hard for me to separate [myself from the University at times],” he acknowledges.

“The big joy, I think, for any university president, but clearly for me, was seeing students succeed,” says Judd. “You can’t impact every life that comes to campus, but you can certainly hope that they come out a better person, they benefit from it, they change their views, they experience some things that they wouldn’t have otherwise, and Central has the ability to do that.”

Drawing an analogy to music, Judd concludes, “I look at a presidency as being a conductor of an orchestra: you shape the way things sound and what you hear, and everyone plays together. And even though sometimes dissonant chords are struck, still, the melody at the end is a good one.”
Happeings

CENTRAL FOCUS SPRING 2005

Howie Dickenman ’70, MS ’75, CCSU Head Men’s Basketball Coach (center) visited with Joshua M. Scherer ’02, MS ’05 former CCSU Men’s Basketball Team Manager (left) and read to his students at DiLoreto Magnet School in New Britain as part of the CCSU Alumni Association’s Read Across America initiative.

l-r: Athletic trainer Carl Krein and CCSU Alumni Association Athletic Hall of Fame members Jim Keefe ’65 and Floyd Scholz ’81 at Hall of Fame rededication reception

l-r: Lillian Coady Smith ’51 with Dr. Vincent J. Smith, Jr. and Margaret O’Brien Meotti ’50 at Florida 2005 reunion in Boca Raton

l-r: Russell A. Marcotte ’62 and Fred M. Lougee ’63 at Florida 2005 reunion in Boca Raton

Island Avenue School in Madison, CT participated in the CCSU Alumni Association’s Read Across America initiative. Here Deana Szymaszek Perillo ’97 reads to her 2nd grade class.

Professor of Accounting Emeritus David E. Loss with sons Scott M. Loss ’02 (left) and Adam B. Loss ’98 at Florida 2005 reunion in Boca Raton

l-r: Dr. Peter M. Rosa ’68 and Andrew J. Felder ’02 enjoy refreshments at basketball game halftime alumni reception.
On Friday, April 8, 2005 the Archaeology Laboratory for African and African Diaspora Studies (ALAADS) presented the first Robert N. Aebersold Student Conference on African Diaspora Archaeology. Eight CCSU undergraduate students gave multimedia presentations on numerous topics relating to African Diaspora Archaeology. The conference concluded with a short feature by New York filmmaker Tabore Rector, highlighting some of the projects in development at ALAADS.

ALAADS operates under the direction of Dr. Warren R. Perry, CCSU Professor of Archaeology, and houses materials recovered from ongoing archaeological research projects such as: the New York City African Burial Ground Project; the New Salem Plantation Archaeological Project; the Connecticut Minkisi Project and other local African diaspora sites that are currently under investigation by the Central Connecticut archaeological team.

The other two members of the archaeological team are both alumni of Central Connecticut State University: Gerald F. Sawyer ’97, director of the New Salem Plantation Archaeological Project and Janet Woodruff ’02, director of the Connecticut Minkisi Archaeological Project. Both graduated summa cum laude from CCSU’s anthropology program and have returned to campus to continue the work they began as undergraduate students.

Congratulations Class of 2005!

The CCSU Alumni Association is pleased to welcome our newest members, the graduating Class of 2005. At recent commencement exercises, degrees were conferred upon 1,769 undergraduate candidates and 684 graduate candidates who represent 21 states and 29 countries.

Congratulations to all on your accomplishments!

Notice Of Annual Meeting

The annual meeting of the CCSU Alumni Association will be Monday, June 13, 2005 at 5:00 p.m. in the Philbrick Room, Student Center, Central Connecticut State University, New Britain, CT.

Happenings

Students Explore African Diaspora Archaeology

Congratulations Class of 2005!

Notice Of Annual Meeting

Upcoming Alumni Events

http://www.ccsu.edu/alumni/events.htm

JUNE
Monday, Jun 13 CCSU Alumni Association Annual Meeting and election of directors

Thursday, Jun 16 Alumni Social in Fairfield County 5:00 p.m. – 7:00 p.m. Archie Moore’s Bar & Restaurant 48 Sanford Street, Fairfield, CT

SEPTEMBER
Thursday, Sep 1 Gridiron Kickoff Football Lunch 12:00 noon - Angelico’s Café, New Britain

OCTOBER
Saturday, Oct 1 Homecoming 5:00 p.m. – Football Game – CCSU vs St. Peter’s Mid-Seventies Beecher Hall Residents Reunion

Thursday, Oct 6 Gridiron Update Football Lunch 12:00 noon - Angelico’s Café, New Britain

NOVEMBER
Thursday, Nov 10 Gridiron Update Football Lunch 12:00 noon - Angelico’s Café, New Britain
Can You Say ‘Anesthetist’?

Anatomy, physiology, chemistry, pharmacology… sounds like a list of prerequisites for medical school, right? Guess again. These courses are just some of the 30 credits needed to earn an M.S. in Biological Sciences with a specialty in anesthesia. Each May, Central admits a select group of 33 students into its program, which is designed specifically to train nurse anesthetists. Once graduated, nurse anesthetists go on to work in hospitals and outpatient clinics, either alongside their physician counterparts—known as anesthesiologists—or, sometimes, independently.

“CCSU’s program is distinctive in that it is the only regional program in New England,” explains the program’s director, Dr. Ruth Rollin. What that means is that it is affiliated with three different schools of nurse anesthesia: the New Britain School of Nurse Anesthesia, The Hospital of St. Raphael School of Nurse Anesthesia in New Haven, and Memorial Hospital of Rhode Island School of Nurse Anesthesia in Pawtucket.

The program, which enjoys a strong national reputation, began in the 1980s when Dr. David DeNuccio responded to a request from the New Britain School of Nurse Anesthesia to provide the academic component for their curriculum. Since that time, it has evolved into a rigorous program that attracts students from more than 15 states across the country, including California and Hawaii. In addition to being very affordable, the program has gained stature because its graduates are highly successful at passing the national standardized test and oral boards on their first try.

Students apply to a demanding, 29-month program through the given hospital schools. Once accepted, they begin a year of intensive academic studies at CCSU followed by 17 months in a clinical setting. Those enrolled through the New Britain school, for example, complete their clinical studies at New Britain General Hospital, where they gain practical experience in general surgery, orthopedics, neurosurgery, urology, gynecology, and obstetrics. This experience is rounded out with rotations at St. Francis Hospital for open-heart surgery and the Connecticut Children’s Medical Center for pediatrics.

“The fact that the program is ‘front-loaded’ is a definite advantage because it allows students to concentrate fully on the academics and then later, the clinical setting,” says Kristine Glenney, a 1990 graduate who now works at New Britain General Hospital. “Students gain excellent experience in administering all kinds of anesthesia in a very stimulating and supportive environment.”

According to Rollin, students who enter the program must already be practicing RNs and have a bachelor’s degree, though not necessarily in nursing. In addition, they must have a minimum of one year’s experience in critical care nursing.

“I am originally from Connecticut but was living in Vermont when I decided to leave my job in the intensive care unit at the Medical Center in Burlington to go back to school in 1988,” explains Glenney. “I enjoyed working in the ICU but wanted more autonomy and intellectual stimulation, so anesthesia was a logical next step.”

Amy Wessman Pelletier, who completed the program in October 2004, describes a similar scenario. She had earned a B.S. with a focus in nursing from UConn in 1996, and had spent several years as a general floor nurse and an ICU nurse at New Britain General when she decided to pursue nurse anesthesia. “I wanted to move out of bedside nursing, and I was attracted to the program at Central because it was scientifically-based. It was an M.S. in biology rather than in nursing,” she says.

Pelletier currently works at St. Francis Hospital and New Britain General, where she has found that she likes being a nurse anesthetist even more than she expected. “I love that no case is the same,” she observes. “It amazes me that people react to anesthesia so differently, that the amount they need varies. I’m constantly evaluating what is going on and making changes. It is really minute-by-minute. People think we go into the O.R. and put them to sleep and that’s it. But it is much more involved.”

At the moment, the demand for nurse anesthetists far exceeds the supply, which means graduates are quick to land jobs. “Right now there is very strong demand for nurse anesthetists,” confirms Rollin. “Fewer people have been going into the field, and a large number are getting ready to retire. So students in the program are being approached with job offers before they’ve even completed their degree.”

That is great pay-back for students like Pelletier, who recalls that the program was “very stressful,” with 14-hour days during the academic portion and 60-hour days during clinical. But the hard work was worth it. She loves her new job. At New Britain, she says, “it’s a total family atmosphere. We all work together as a team, and I think that’s the best atmosphere to have for the patients, because we’re really here for them. That, basically, is the bottom line.”

For more information about the anesthesia program contact Dr. Ruth Rollin by phone (860) 832-2659 or email rollin@ccsu.edu.
Training for success

Whether it’s a high profile position with a major league sports team, an exciting administrative post, or working with “weekend warriors” on a one-to-one basis, you’ll find CCSU grads at the forefront of the athletic training profession.

John Gilmore ’80 is the New England Regional Director of Health South, one of the nation’s largest health care and rehabilitation service providers. Mike Ryan ’85 is the Head Trainer of the NFL’s Jacksonville Jaguars. Michael Ryan ’93 (no relation) is the Professional Golfers Association’s top strength and conditioning specialist. Ted Arzonico ’85 is the Head Trainer of the NBA’s Orlando Magic. Last season, David Zuffelato ’00 won the equivalent of a Super Bowl as Head Trainer of the Berlin Thunder of the NFL Europe League, where Rick Lantz ’64 is the Head Coach.

Literally dozens of successful high school and college athletic trainers and other health care professionals have come through the CCSU program. Kimberly Babeu, a 1981 grad and the 2005 Arizona “Teacher of the Year,” was recently credited with saving a student’s life. Lisa Cantara ’95, an assistant athletic trainer at Stony Brook University, recently saved the life of an automobile accident victim.

Gary Myers ’74 played football at CCSU. Following an injury he was treated by, and later studied with, the program’s progenitor, Carl Krein. Myers is in the “business” of saving lives every day as CEO of Mammoth Hospital in Mammoth Lake, CA.

“Carl was way ahead of his time,” says Kathy Pirog, an associate professor in the department of athletics and CCSU’s Head Athletic Trainer. She, too, was mentored by the man for whom the CCSU Athletic Training Center is named. “I came here as a physical education major,” she says. “I was injured playing volleyball and went to Carl for rehab. In a sense, a whole new world opened up for me. I was immediately hooked on the idea of joining the profession, and I’ve never had a single regret. I feel privileged to be able to carry on the tradition that Carl started. He made this one of the best programs in the country. Being a graduate of Central Florida Athletic Training program still sends people to the head of the line when it comes to earning jobs in the profession.”

The Krein Athletic Training Center, located in Kaiser Hall, serves both the Department of Athletics and the Athletic Training Educational Program.

Although officially retired, Krein remains involved as the program’s internship supervisor. He is a former U.S. Olympic athletic trainer who treated thousands of Central athletes during three decades of service to the University. A member of the CCSU Athletic Hall of Fame since 1995, he later achieved his profession’s most prestigious honor when he was inducted into the National Athletic Trainers’ Association Hall of Fame.

Pirog ’81 has won numerous awards and accreditations herself since taking over the program a decade ago. She says she and her top assistant, Tom McCarthy, another Krein disciple, are “truly fortunate to have learned from the very best.”

Pirog says there are more than 200 program graduates working in athletic training or allied fields. One of them, Paul Manwaring MS ’99, stayed right here after graduation. He provides coverage for the CCSU men’s basketball team, among many other duties.

Typically, about 25 students enroll in the program each year. On average, about a fourth complete the curriculum and earn the degree required to test for national certification. “These kids have to adhere to a very strict code of professional conduct right from the first day,” she says. “It isn’t easy, nor is it supposed to be.” Those who succeed are truly the cream of the crop. They stack up with the very best anywhere in the country.”

Bill Gerzabec ’85 is the Head Athletic Trainer at LaSalle University. Cheryl Rockwood ’85 holds the same position at Union College. Debbie Logan ’85 is a chiropractor in private practice in Texas. And the beat goes on.
Anna (Snow) Wilson MS ’79 is secretary of the home owners association in her community of Del Tura Golf & Country Club.

Susan (Holmes) Spear was elected to the Branford Education Hall of Fame in 2004. She retired as a 4th grade teacher in 2000, and is presently a member of the Branford, CT Board of Education.

Judy (Orelup) Hall has published two books that are part of kits, Christmas Origami and Valentine Origami, and is a member of Origami USA and the British Origami Society.

William J. Fortin MA ’65 was inducted into the Connecticut Soccer Hall of Fame.

Patricia (Abraham) Titus MS ’69 retired after 41 years of teaching. She resides in Reno, NV with her husband, Vassilios.

Mary-Ann Tirone Smith was awarded a grant of $5,000 from the Connecticut Commission for Culture and Tourism, for the creation of new fiction.

Karen A. Krick MS ’70 retired after 34 years as a guidance counselor (twelve of them as Guidance Director) at Lincoln Middle School in Meriden, CT.

Douglas W. Robertson retired after 19 years in the insurance industry and 15 years teaching computers/business at Greenfield (MA) High School and resides in Dennis, MA.

Margaret C. Beecher (MS) leaves Charter Oak School, West Hartford, CT, after eight years as principal to be the new principal of Bugbee Elementary School, also in West Hartford, CT. Susan P. Kotarba is a library media specialist at South Elementary School in Windsor Locks.

Kate C. Raftery ’73, pictured here with her daughter, is currently Peace Corps chief of operations for the Inter America and Pacific region. She was inspired to learn about Latin America from Dr. Al Richard at CCSU and has served 20 years with Peace Corps in the positions of volunteer, trainer, deputy director and director in the countries of Paraguay, Costa Rica, El Salvador, Honduras and Peru. She also served in the Washington, DC headquarters as regional programming and training officer, and as agency director of international training. When she was not working for Peace Corps, Kate served as vice president of Partners of the America and executive director of the National Park Foundation, both in Washington, DC.

Avilda (Saavedra) Reasco, CCSU’s director of pre-collegiate and access services, has been appointed to the State of Connecticut’s Latino and Puerto Rican Affairs Commission for a two-year term.

Jonathan G. Daigle is senior vice president at McShea Management, Inc. in Gaithersburg, Md. Cynthia (Fernez) Hodsdon is director of client operations for Ingenix, a subsidiary of UnitedHealth Group. Rick R. Sudym and his wife, LeHang, and children, Trevor and Leah relocated to Glastonbury, CT. Rick is owner and manager of Paul Davis Restoration in Plainville, CT.

John J. Tirizonic is the Connecticut State Economist with the State of Connecticut Department of Labor.

Thomas J. Bittel is communications manager for Rensselaer at Hartford, the Hartford, CT campus of Rensselaer Polytechnic Institute.

Edward B. Walsh is Executive Director National of the American Society of Professional Estimators in Alexandria, VA.

Carolyn Davino-Ramaya is a physician senior research consultant with Kaiser Permanente in Oregon. She and her husband, Krishnan Ramaya live in Vancouver, WA. Kathryn A. Josefow is a physician’s assistant, practicing at the Center for Sports Medicine and Orthopedics in Glendale, AZ.

Eric and Mary Ann (Kus) Smith recently celebrated their 20th wedding anniversary.

Teddy J. Daglis was promoted to sergeant with the West Hartford, CT Police Department. He and his family live in Berlin, CT. Bruce Noe has joined Farmington (CT) Savings Bank as vice president, consumer and residential origination manager. Clifford H. Snow III was named director of football operations at East Carolina University in Greenville, NC.

Ingenix, a subsidiary of UnitedHealth Group.

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After serving five years as superintendent of the Wells-Ogunquit Community Schools in Wells, Maine, and in various administrative roles in MA and CT.

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Ingenix, a subsidiary of UnitedHealth Group.
Dayna (Sirois) Paternostro MS ‘98 is a reading teacher at North End Middle School in Waterbury, CT.

Gregg M. Angelillo is the regional marketing director for New Jersey for Lincoln Financial Distributors in Philadelphia, PA. Vanessa (Beck) Falcone is a special education teacher in Ansonia, CT and husband, Michael R. Falcone ’92, is director of marketing for Dichello Distributors, Inc. in Orange, CT.

Deann C. Coleman is a lieutenant in the U. S. Navy assigned to the aircraft carrier USS Kitty Hawk, forward deployed to Yokosuka, Japan. Spiridoula (Nikas) Sanchez MS ’93 completed a masters degree in Reading at CCSU and is a third grade teacher.

Sean P. Boyle is director of business development at LATICRETE International, Inc. in Bethany, CT. Lisa M. Cantara was honored by UUP at Stony Brook for saving the life of a victim of an automobile accident. She is an assistant athletic trainer at SUNY Stony Brook in Stony Brook, NY. Anthony J. Paventi, Jr., a 15-year veteran of the New Britain, CT Police Department, recently completed the 218th session of the FBI National Academy in Quantico, VA. Upon returning to duty at the NBPD Anthony was promoted to lieutenant and is now commanding the first shift patrol division.

Kenneth S. Harvill (MA) has published his first novel, Kill Whitey. “An Irish-Haitian drug-dealing albino must fight for the acceptance of his mobster family, even though they are first on the long list of people who want to see him dead.”

Scott A. Adamsons is vice president and business development officer at Business Lenders, LLC in Hartford, CT. Scott is married and the father of one, a member of the Portland (CT) Republican Town Committee and the United States Power Squardrons, and treasurer of the River Hills Baptist Church. Lisa (Graves) Gawlak is director of product management at Princeton eCom in Princeton, NJ and husband, Jason D. Gawlak is a senior reporter for Construction Data Corporation in Yardley, Pa. They have two children, Russell and Amelia.

Carol M. Lewis is a captain in the United States Air Force.

Damon E. Coachman is director of instrumental music at Bethel (CT) High School and the new band director. He was also honored as teacher of the month for February. Kevin G. Dolan provides health insurance to individuals, small business owners and self-employed persons.

David C. Zuffelato is head athletic trainer of the Berlin Thunder of the NFL Europe League.

Joel Alfonso is in his second year at Yale Law School and on both The Yale Law Journal and the Yale Journal on Regulation and will be a summer law associate at Sullivan & Cromwell in New York City.

Sharyn A. Ogrodnick completed a master’s degree and is teaching 8th grade reading at Wallace Middle School in Waterbury, CT.

American Teachers. She is a reading specialist at Smalley Academy, New Britain, CT. John J. Tedone was appointed assistant vice president, internal audit, for Kaman Corporation in Bloomfield, CT. He and his family reside in Coventry, CT.

Vanessa Rossitto was named partner at Blum Shapiro, a certified public accounting and business consulting firm in West Hartford, CT.

Lucy Anne Hurston ’95, author, instructor of sociology at Manchester Community College, and niece of the late Harlem renaissance writer Zora Neale Hurston, received an Outstanding Contribution to Publishing Citation for her recent book, Speak, So You Can Speak Again: The Life of Zora Neale Hurston, from the Black Caucus of the American Library Association Literary Awards Committee. Her book is a multi-media introduction to one of the most celebrated American writers of the 20th century. It follows her aunt’s life journey from a childhood in the first black settled town in the country to become the first black student to graduate from Barnard College.

William J. Mann ’84, award-winning, best-selling author and historian, recently published his eighth book and third study of American film, Edge of Midnight: The Life of John Schlesinger, an authorized biography of John Schlesinger, an Oscar-winning film director who directed, Midnight Cowboy and many other films. Mann’s fourth novel, All American Boy, will be published in May 2005.
was never good at drawing, but when I got to do some surgery, I found that I was pretty good at that. I wanted to do the most minor and delicate surgery in the body, and that’s what drew me to ophthalmology.” Fichman specializes in LASIK and cataract surgery. He bought an excimer laser before they were FDA-approved and took it to the Dominican Republic, where he became proficient in using it while training residents and doing refractive surgery on a charity basis. He also was a pioneer in using topical anesthesia for cataract surgery.

“Back in 1991, we used to give an injection behind the eyeball to ‘freeze’ it for surgery, which I never liked. So I developed a technique to numb the eyeball using eye drops rather than a needle. I wrote and lectured about it extensively; and now, I think, about a third of the surgeries performed are done using that technique.”

Even as a doctor, Fichman has found a way to fulfill his call to teach. He traveled to Poland to demonstrate his cataract procedure. “About 40 doctors were watching on closed-circuit TV, and they went out and bought the machinery, so thousands of patients benefited just from that time I spent there,” he marvels. “In some ways,” he continues, “teaching is more rewarding than one-on-one contact, because you know that you are exponentially increasing the delivery of health care.”

Every year, CCSU graduates scores of students who go on to medical school or to pursue careers in medically-related fields. While it is impossible to track what happens to each one of those graduates, it is clear they are making significant contributions to improving the quality and delivery of health care in our communities—locally, regionally, nationally, and even globally. Dr. Fichman is fond of the adage, “Give a man to fish and he will eat for a lifetime.” Indeed, that is what CCSU has done for these six alumni, as well as countless others who have achieved similar success.

Expert Advice

Doctors are not famous for offering free advice. But these alums had some words of wisdom to share with those who aspire to professions in medicine.

Angela Moemeka Ememalu, M.D. ’96: “Research [the profession] as much as possible; even work part-time or volunteer with a physician. Really get to know what the daily life is like. That shocks a few people when they come out of residency—what the life is like. Pediatrics is one of the busiest fields. You work 60-80 hours a week, so you really need to get that in your mind before you decide on seven extra years of schooling.”

Greg Schaffer ’83: “The first question you need to ask yourself is: Are you willing to move around? Some people decide that they want to live in a particular area, and very often it is home. Relocating is a sacrifice, and there is a cost associated with it—not being near [family and friends]. So you need to make that decision.

You need the skill set to do the job. Central was part of my preparation for that, and it was very important. Part of it, though, is timing. I’ve seen some very good people who have not advanced because they were not in the right place at the right time.

Adopt a core set of good values and don’t compromise them. My parents taught me to be honest, treat people with respect, be compassionate for people in need, always do a good job, and strive for excellence. Don’t deviate from those values.

Chris Loughlin, M.D. ’89: “There was a time when people went into medicine to make money. For all the hours and dedication, the return isn’t what you might think. I’m not saying that physicians don’t make decent money, but they’ve had to sacrifice a lot to make that money. If you go into medicine for the right reasons—that you want to help people, that you want to stay challenged, that you like the interaction with colleagues—then it is a great profession. To be a good doctor, you don’t necessarily have to be the best and brightest, you just have to be very dedicated. It is hours of dedication to your craft.”

Richard Fichman, M.D. ’74: “Study hard. Find a physician that you can relate to and see if you can follow them around the office or in the operating room. See if you actually like what they are doing.”

Carol Ammon ’73: “Be willing to roll up your sleeves and work hard. Take every opportunity that comes along. Don’t get your head in the way thinking that you should be growing faster than you are; just take every opportunity to learn as much as you can as you go up the ladder, because it will be very useful later on. Believe in yourself. If you have a dream, make sure you are as passionate about it as you can be, because you want to get other people to dream the dream with you.”

Gary Myers ’74: “Don’t fear whatever technical competence you lack. With a little hard work and the right resources, you can develop it. It’s far more important to dedicate yourself to a strong value system. Pray each day for the grace to be fair, honest, patient, enduring, and to put the needs of others before your own. You’ll never have to worry about “achieving success”... it will find you.”

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In Memoriam

1926
Dorothy Peterson Nelson  12/19/04
1929
Esther Cohen Cohn  12/30/04
Marie Stalk Noble  3/28/05
1930
Neda DeMaria Pastore  1/22/05
1931
Mildred O’Connor Duff  1/10/05
1932
Ida Kagan Blum  11/28/04
1937
Elizabeth Martin Yellen  3/4/05
1938
Alta Rose Crowley  1/8/05
1940
Dorothy Lindvall Davis  11/22/04
1946
Phyllis Christensen Morrill  1/12/05
1949
Marguerite McLaughlin  1/8/05
1950
Victor J. Campanelli, Sr.  2/11/05
Chandler R. Hicks  12/5/04
Edward V. Rokita  12/12/04
1951
Lawrence W. Pomerleau  5/8/04
1953
William S. Zakrewski, Jr.  1/2/96
1954
Daniel P. Martinook  1/28/05
1957
Vivian Dragone McKeon  8/5/04
John G. Robinson, Jr.  1/14/04
1959
Jean Thompson Foran  2/10/05
Steven C. Kotowski  11/30/04
Elizabeth Mueller Wallace  3/9/05
1960
Robert F. McNulty  12/16/04
1962
John T. Kooke, Jr.  12/17/04
1965
Lynda Heimgartner Kissell  2/23/05
1966
Andrew B. Devokaitis  2/26/05
1967
Cornelius J. Creem  10/20/02
Roseanne McHenry Ethorne  11/18/04
Esther L. Wiersig  9/15/04
1968
Irma Jane Cole-Smith  12/22/03
Alice Crowe Garner  1/10/05
1969
Mary E. Bergstrom  3/5/03
Carl J. Mercier  12/30/04
Francis P. Pastore  7/2/00
Lois Joyce Schneider  3/7/05
Nicholas Sofhomonian  12/24/04
Rudolph L. Taute  12/10/97
1970
Walter W. Caswell, Jr.  1/23/05
Marybeth Field Celata  11/6/05
Elizabeth R. Cianci  1/3/05
Joy Dixon Rice  1/26/05
Gregory A. Smith  3/17/05
1971
James F. Marsee  3/15/90
1972
Robert B McCormick  12/14/04
1973
Z. Gene Lis  12/17/04
Wayne R. Soares  12/27/05
1974
Winfield J. Jacques II  12/6/04
Martin W. Makarewich  5/14/00
Joseph M. Sirko  12/20/04
1975
Henry C. Pacyna, Jr.  12/17/04
1976
Richard M. Hoben  9/15/98
Robert G. Ostafin  11/20/97
Dwight J. Williams  8/7/97
1977
Gloria Jazwinski Garvin  11/12/04
1978
Brian J. O’Neil  12/3/04
1979
Glenn A. Brown  2/17/04
Joseph Roger LeMay  11/24/05
1980
Patricia Flynn Adams  1/31/05
Joseph M. Fedorko  10/20/98
John Malaney, Sr.  2/29/05
Maria Italia Rossitto  12/26/04
1981
Bradford C. Blais  1/2/12/04
1982
Eric A. Zamboni  2/12/05
1983
Robert J. Demers  3/25/05
1986
James C. Dougherty, Jr.  1/12/04
1988
John A. McDonnell  11/9/04
1990
Nina M. Cicchetti  11/16/04
1991
Andrea L. Herman  9/24/03
1992
Edward Van Willis  11/3/05
1993
Lynn Nelson Seitzinger  11/16/04
1994
Paige Ann Rhoads Corrigan  3/26/05
1995
Robin D. Anderson  1/11/05
Nancy Ballinger Oellerich  1/10/05
Memorial gifts may be made to the CCSU Foundation, P.O. Box 612, New Britain, CT 06050

Campus Obituaries

Dr. Adolfo Chavarro, professor of psychology, died on March 24, 2005; he was 64 years old. He was actively involved in the CCSU community from the beginning of his career at CCSU in 1987. In 1989 he was appointed University Ombudsman, in which role he handled non-contractual human relations questions for 12 years. He also served on the Latin American Studies Committee. As a scholar, he focused on the areas of experimental psychology, self-control, relaxation, and conflict resolution.

Nina Cicchetti MS ’90, director of residence life, emerita, died on November 16, 2004, at age 50. She served the CCSU community from 1993 when she was hired as associate director, Residence Life to 2004. During her career at Central, Nina helped to create curriculum for the training and educational development of over 50 resident assistants.

Rose Hill passed away on January 2, 2005, at age 76. A native of Bridgeport, she worked at the University for more than 30 years. Rose was the first employee of the Copy Center and supervisor of the unit when she retired in 1989.

Salvatore “Sal” Mangiafico, skilled maintainer, died on December 5, 2004, at age 61. He began his career at the Athletic Department in 1993. He retired from the University on June 1, 2004.

Associate Professor of Education, Emerita, Elizabeth Mueller Wallace was a member of the CCSU community for 28 years from 1959 to 1987. During her time at the University Wallace was involved in many organizations, such as the Greater Hartford Area Council of the International Reading Association and the Four College Faculty Association. She died on March 9, 2005.

Dr. John Zulick, dean, College of Continuing Education, emeritus, died on November 3, 2004, at age 70. Zulick began his career at Central in 1970 as a media specialist and retired in March 1992 as the dean of continuing education, a position to which he was appointed in 1987. Zulick held many positions at Central, including member and officer of Phi Delta Kappa, director of the University’s Extension College Program, member of the Faculty Senate, and member of the teacher training program in Jamaica.

Stay in touch!

Send your address updates and/or news online to http://www.ccsu.edu/alumni/update.htm or use the envelope in the center of this magazine.
Teresa Johnson dreams big—B.S., M.D., and then a Ph.D. in medical research. Thanks to terrific professors like Dr. Thomas King in biomolecular sciences and your generous support of the CCSU Foundation, Teresa is well on her way. A member of the Alpha Lambda Delta National Honor Society, CCSU’s and the National Dean’s Lists, and a U.S. Achievers Academy Scholar, she’s conducting cutting-edge genetic research at Central.

Your gift helps outstanding students like Teresa achieve their dreams by providing financial aid and scholarships, program support to enhance the close working relationships between inspiring professors and hard-working students, and makes possible CCSU’s nationally honored curricular programs.

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