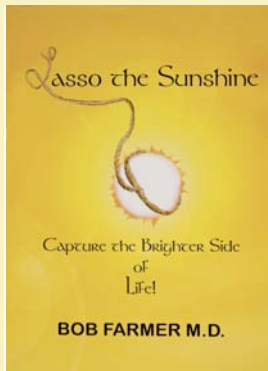


Alumni board members elected

Six board members have been named to Southern Illinois University School of Medicine's Alumni Society Board of Governors. Two are newly elected members of the board and four were re-elected to a second three-year term, which begins this spring.

The new members are **Dr. Denise Davis, '94**, a physical medicine and rehabilitation physician in Columbus, Ohio, and **Dr. Fritz Lower, '89**, a pathology physician in Springfield.

Re-elected to a second term were **Dr. Debbie Fowler-Dixon Boss, '93**, a family practice physician in Collinsville; **Dr. Paul Checchia, '93**, a pediatrics critical care physician in University City, Mo.; **Dr. Chris Sweeney, '95**, an internal medicine physician in Omaha, Neb.; and **Dr. Andrew Varney, '88**, an internal medicine physician and associate professor at SIU School of Medicine in Springfield.



Looking at the Bright Side

Bob Farmer, M.D., '95 donates 10,000 books to the SimmonsCooper Cancer Institute

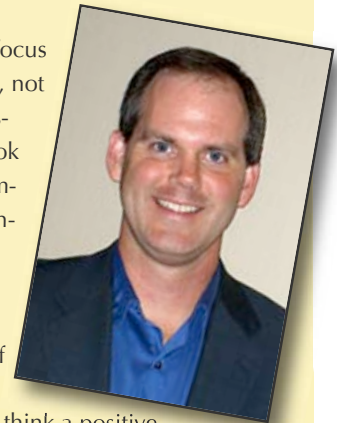
During his residency training, Bob Farmer, M.D., '95, was on call for 36 hours Christmas Eve and Christmas Day, and he was feeling sorry for himself. "I was upset that I couldn't be with my family for the holiday," he says. While eating hospital food on a break, he watched a news program about the U.S. military serving in Bosnia. "I realized that I was going home to my family sooner than those in the military. I decided I could have self-pity or take a positive approach to my life."

During the rest of his shift, he talked more to patients and their families and found that they were making the best of their situation. "I realized that when I feel down or overwhelmed I need to be thankful for my blessings," says the husband of Christina and father of three. "My patients give me hope and help me focus on the positive side of life."

Now a family practice physician in New Baden, Ill., Dr. Farmer has written a book using that philosophy. *Lasso the Sunshine* is a collection of personal and professional experiences of enlightenment and positive thinking.

Dr. Farmer recently donated 10,000 copies of the self-published book to the SimmonsCooper Cancer Institute at SIU School of Medicine. "It seemed like a natural fit," Dr. Farmer says of the gift. "SIU

taught me to focus on the person, not just on the disease." The book reflects that importance of understanding a person's psychological state as part of health and well-being. "I think a positive outlook is imperative to achieving overall good health. Hopefully this book is a reflection of what I've learned in my training and my practice. In some way, those words on a page may help somebody."



Cancer Institute Director Dr. K. Thomas Robbins says the copies will be distributed to newly diagnosed patients in Springfield and community clinics from Decatur to Cairo, and to other cancer patients as well.

While the book will be distributed to cancer patients, the message of positive thinking is applicable for anybody in crisis.

"Make the best of a bad situation," Dr. Farmer advises. "I want to focus on the positive and make the world a better place."

Copies of the book are available to purchase at www.lassothesunshine.com.