



After graduating from Liberty, I attended and graduated from Gettysburg College and Hahnemann Medical College (Philadelphia). I completed my internship and internal medicine residency at Allentown Hospital (Allentown, PA.). Following my internal medicine residency I went to Thomas Jefferson University Hospital in Philadelphia for a three-year residency in Physiatry (physical medicine and rehabilitation). Subsequently I became board-certified in physical medicine, rehabilitation and pain management.

Upon completion of my Physiatry residency I was activated by the United States Army. Previously commissioned as a Second Lieutenant in 1966 I served on active-duty from 1974 to 1976. Although I was aggressively trying to serve in Vietnam the Army felt that because they spent the time and energy training a physician with two specialties it would be best not to have his "skinny Polish butt" blown away in Vietnam. Consequently I was assigned to Fitzsimmons Army Medical Center in Denver Colorado where I completed my tour of duty and discharged with the rank of Major.

Because I loved Colorado and Denver so much, I remained in Denver until 1998 working as medical director of the Spalding Rehabilitation Center and medical director of the rehabilitation unit at Porter Adventist Hospital. I also had an outpatient practice as well.

I met my wife Pat in 1978. Since Pat was born and raised in Southern California we decided in 1998 to relocate to Fairfield California. There I facilitated the development of Northbay Medical Center and became the first medical director of its chronic pain management program which involved doing pain management and non-surgical orthopedic/musculoskeletal medicine.



In addition to my wife Pat I have two sons and three grandchildren, all living in Denver. Interestingly, my oldest son, John and I were both born on February 21 and in the same hospital where I delivered him. That obviously was and is something special.

In early 2002 I was diagnosed as having MDS (myelodysplastic syndrome/preleukemia). I left my medical practice for 18 months to reassess my options including dietary changes, additional alternative medications and vitamins etc. Since then the disease process has not progressed. After 18 months I returned to medical practice and assumed the primary care of veterans at the veterans home in Younttville, California. I later transferred to Napa State Hospital, Napa, California where I presently work, practicing primary care medicine on a geropsychiatric unit. I would like to decrease my work-hours to less than full-time but continue practicing medicine.

I have run over 55 marathons, most of them in Colorado (Denver, Steamboat Springs, Summit County) and some of them at high elevations exceeding 10,000 feet. I've run other marathons in Arizona and North Dakota, and have qualified for and run the Boston Marathon three times. I no longer actively compete but I try to exercise every day for at least 45 minutes.



On a personal level, Pat and I are both dog lovers, especially herding group dogs. Presently we have a border collie and a corgi and in the past we had Belgian sheepdogs and German shepherds. Pat is still working full-time as a Licensed Fiduciary for PMR Fiduciary Services of which she is the founder and owner and where I serve as medical adviser. We both enjoy reading, going to movies and visiting our sons and grandchildren in Denver. I also enjoy gardening and shooting big bore handguns. And

yes, I still go to rock 'n' roll concerts as rock 'n' roll will never die.