

ENVISION

(v. To form a mental picture of something that may occur or be possible in the future.)

Announcements and Upcoming Events

Congratulations!



Aaron Hamvas, James P. Keating, MD, Professor of Pediatrics was elected Chair of the Executive Committee of the Faculty Council (ECFC).

Sherrie Hauff, MD, Associate Professor of Pediatrics, has been elected to the Executive Committee of the Faculty Council (ECFC).

Katie Plax, MD, Assistant Professor of Pediatrics received the Distinguished Community Service Award from WUSM.

David Rudnick, MD, PhD, Assistant Professor of Pediatrics received the Distinguished Investigator Award from WUSM.

Promotions

Lisa Moscoso, PhD, MD, Asst. Professor of Pediatrics
 Michael Turmelle, MD, Asst. Professor of Pediatrics
 Carolyn Cannon, PhD, MD, Asst. Professor of Pediatrics
 Mary Carayannopoulos, PhD, Asst. Professor of Pediatrics
 Michael DeBaun, MD, Professor of Pediatrics
 Jennifer Duncan, MD, Asst. Professor of Pediatrics
 Ana Maria Arbelaez, MD, Asst. Professor of Pediatrics
 Dorothy Grange, MD, Professor of Pediatrics
 Brian Kelly, MD, Asst. Professor of Pediatrics
 Kelly Ross, MD, Asst. Professor of Pediatrics
 Kimberly Spence, MD, Asst. Professor of Pediatrics
 Jan Luhmann, MD, Assoc. Professor of Pediatrics
 Angela Sharkey, MD, Professor of Pediatrics

Children's Discovery Institute

CDI Scholar

Jennifer Duncan, MD

Grant Recipients

Robert Baloh, MD, PhD	Anthony French, MD, PhD
Ali Nekouzadeh, DSc	Robert Heuckeroth, MD, PhD
Barak Cohen, PhD	Patrick Jay, MD, PhD
Thomas Ferkol, MD	Fanxin Long, PhD

Women in Pediatrics Site Visit 2008

Drs. Emans, McAnarney & Tarbell will be returning to the Department of Pediatrics Thursday, 3/13/08. The focus of this year's visit is mentoring and leadership. The consultants will be meeting with PORU investigators, basic investigators and clinical (non PORU) investigators as well as Unit Based Joint Practice physician team leaders. Meetings are short, so please arrive on time! If you have not yet received an invite to meet with the consultants and would like to do so, please email genovese_c@kids.wustl.edu

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Please note: Any changes to W-2's etc., can be made by visiting the Washington University School of Medicine Human Resource website.

<http://medschoolhr.wustl.edu>

- Forms
- Compensation (lists documents)

Path to Promotion – Staying Focused

by Angela Sharkey, M.D.

2nd in a series

(In the first of this series, I reviewed getting started on your path to promotion by developing your personal career goals and reviewing them on a regular basis. This section will address focusing efforts towards your career goals.)

A few years into my faculty appointment, I was asked to take on the role of co-course master of the third year clerkship. I enthusiastically agreed to do this ~ and fortunately for me, this turned out to be a career-building move. It could have been disastrous!

I say fortunately, because I neglected to perform ‘due diligence’ before accepting the position. In your academic career, you will be asked to do many things; committee work for the school, department, or hospital, participate in teaching conferences, start or take over clinical services. Junior faculty need to be open to considering additional opportunities such as these, but need to do so with a clear understanding of the requirements of the new role, and an idea of how this additional role fits into their career goals and development.

‘Due diligence’ implies a thoughtful assessment of, and data gathering about, the role you are being asked to assume. In the example provided above, such data gathering would include contacting the current or prior course master to determine the time commitment of the role, the level of support provided by the Department Chair and Medical School and how this role has impacted that individual’s career development. Another step would be to contact folks in this role at other institutions, or to review the literature for guidelines related to the level of support needed. Finally, a discussion with the individual to whom you would report in the new role (in this case, the Associate Dean of Medical Education) ~ all before you say ‘yes’.

Analyzing all this data within the context of your personal career goals will lead to your decision. If you decide to take on a new role/responsibility, then a negotiation with your Division Director or Department Chair needs to occur. (See next Envisions newsletter!)

Not all “opportunities” will require this complexity of assessment. BUT for each opportunity, I would suggest you use this guide:

- When asked to take on a new role, say, “thank you for the opportunity to consider this appointment/role, I would like to have a chance to consider this and will call you back _____ (one day, one week, etc).” Make sure you spend this time doing ‘due diligence’ and then call the person back as promised with a ‘yes’ or ‘no’.
- Review your personal goals ~ does this opportunity fit within your goals OR allow a way for you to expand your goals in a way that is interesting and exciting to you?
- Do you feel excited about taking on this opportunity?
- Did the Chancellor, Dean or Department Chair ask you to do this? And therefore, should you say ‘yes’ even if you are not enthusiastic?
- Will this opportunity allow you to broaden your network and therefore your local, regional or national reputation?

Update on Back-Up Child Care/Elder Care

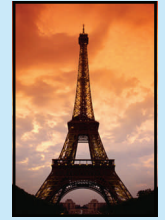
At the Faculty Senate Council meeting 12/12/07, Chancellor Wrighton announced that the University will develop a day care facility for faculty, staff and students (Including post-doctoral fellows). The center will be managed by a third party and will be located near the Danforth campus. Dr. Sharkey has been invited to sit on the task force formulating plans for the facility. In addition, the Medical School continues to move forward with plans for a back-up child care/elder care program. It is our hope that such a program will be in place by the next academic year. Drs. Sharkey, Gray & Schwartz have helped further this effort at all levels.



“We must be the change we wish to see in the world.”
~Gandhi



Restaurant Review



This is the first in a series of restaurant reviews by Pat and Sesh Cole. Fortunately, Pat really is a good cook and can evaluate the food and service at areas restaurants with considerable background, and Sesh always agrees with her.

Bistro Alexander

7927 Forsyth Clayton, MO 63105

314-725-9999

www.bistroalexander.com

Hours: Lunch, 11a.m.-2 p.m., Monday-Friday; Dinner, 5-10 p.m., Monday-Saturday

Owner: Mario Nikolov (restaurant named after his 2 year old son)

Chef: Matt Rolens

Dress code: Everything from jeans to suits

Layout: Bar, outdoor dining when weather permits, tables available in small alcoves

Smoke free

Wheel chair accessible

Valet parking



Bistro Alexander in Clayton is in a location that has had 3 restaurants in the last 5 years (Limoncello, Tavern 43, and Shitake). Fortunately, we think this one is here to stay for a while. Bistro Alexander features French influenced bistro food with additional flair provided by Chef Rolens. The layout and atmosphere accommodate everything from a drink before dinner with hors d'oeuvres to a whimsical, last minute, spontaneous dinner to a more formal recruiting dinner. Valet parking is available, and most nights, Mr. Nikolov greets guests at the door. The atmosphere is formal but chic. But what about the food?

The food is at the higher end for St. Louis (entree prices: Colorado lamb chops, \$26; pan-seared scallops, \$27; horseradish-encrusted salmon, \$21). A reasonable wine list is also available (about 60 selections priced from \$24-\$110, with a shorter list by the glass (\$7-\$10)).

On a recent January evening, the Warners and the Coles enjoyed Brussels sprouts salad (Pat called it extremely good). A table can try 3 appetizers for \$18, a great way to sample several. Other "must taste" appetizers include the crab bites, the fricassee of veal sweetbreads in chanterelles, English peas seated on creamy herb polenta, and cold smoked trout salad with sour cream and horseradish on a roasted corn pancake. The fish special for our January dinner (grouper) was also rated highly by the Warners as was the usually available salmon (by Sesh). However, Pat's main course of duck was sub par. Mr. Nikolov and his staff noticed her lack of interest in the main course and offered to replace it or bring her an alternative. They also offered her a free double espresso after dinner (typical of Mr. Nikolov's commitment to service).

We enjoyed a reasonably priced Rombauer chardonnay. On Wednesdays and Thursdays in winter, all wine is half priced. The service is sincere and attentive but sometimes inexperienced (for example, the waitress who poured our wine did not understand the order of pouring after tasting, and poured my wine before pouring the guests wine).

The menu is varied and interesting. Chef Rolens usually offers about 35 total items, including appetizers and main courses along with 6 desserts (all made in house). The variation in the menu is linked to Chef Rolens' use of local, fresh ingredients. Food presentation highlights colors and textures. The Bistro's signature soup is grilled portabella and smoked Gouda. Besides the main courses described above, our favorite is the grilled diver sea scallops.

We think that Bistro Alexander is a good place and receives a favorable rating from us for both food and service.

Recipe from Doug Carlson, M.D.



Grilled Tuna, Halibut or Chicken Provencal

(will work with many types of fish)

Sauce for 2-4

One 14oz can diced tomatoes (any brand, I like Red Gold, fresh substituted in season)

2 oz Olive Oil

2 tablespoons red wine vinegar

2 tablespoons chopped shallot

2 tablespoons fresh basil or 2 tsp dry (it is still good with dry, but a significantly different taste)

Salt and pepper to taste

Zest of 1/2 small lemon. (This is not necessary but I think adds significantly to the flavor.)

Mix together, heat to warm, do not boil.

Make sure to taste and adjust if needed.

Serve over grilled or pan sautéed fish or chicken.

Serve with vegetable of choice and pasta/noodle with small amount of olive oil, butter, garlic (finely chopped or powder), salt and pepper.

Don't have time to cook? Feeling the pressure of having to start a meal after a long day at work? We have heard several favorable comments on dinner options below. You can assemble your own dinners (takes about 2 hours) to take home and freeze, or use carryout service for prepared meals.

Time for Dinner www.timefordinner.com (Brentwood, MO)

The Brentwood Center

8506 Manchester Road

Brentwood, MO 63144

(314) 968 – TIME (8463)

Let's Dish www.letsdish.com (Chesterfield, MO)

Clarkson Square

1757 Clarkson Road

Chesterfield, MO 63017

1-636-536-4448

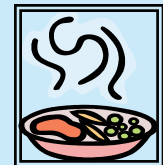
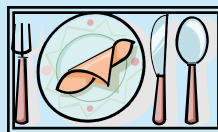
Super Suppers www.ssstpetersmo.com (St. Peters, MO)

6161 Mid Rivers Mall Dr.

@ Hwy 94

St. Peters, MO 63304

636-477-0400



Disclaimer: Washington University does not endorse or promote these services.

If you are interested in contributing to this Newsletter please send material to Cheryl Genovese (genovese_c@kids.wustl.edu)