

POWERFUL STATE-MENT: A record-breaking 2,984 bike-riders and 1,635 walkers from 35 states participated in the 2009 Prouty Bike Ride and Walk—bringing in donations from every single state and raising over \$2 million for Dartmouth's Norris Cotton Cancer Center.



dren and adults access dental care; and offer numerous services for senior citizens. Many additional free programs are also readily available, from childbirth classes to support groups for cancer patients. In 2008, Cheshire spent \$1.4 million on community health programs.

Cheshire is putting a lot of emphasis on tobacco cessation and school-based smoking-prevention efforts. Here, too, there are deep roots. Keene was the first city in New Hampshire to mandate smoke-free restaurants, well before a statewide law went into effect. And recommendations from Cheshire were influential in Keene State College's decision to ban the sale of tobacco in campus stores, according to Schlegelmilch.

Measure: While it's clear there is no lack of action, it's not evident what impact the efforts are having so far. Fifteen indicators have been identified to measure Vision 2020's progress. They have to do with whether people have access to information and services, and whether they are able to achieve and maintain healthy lifestyles. The indicators were selected in year two, says Nichols, "so we are just reaching the point where we can . . . measure change over time." But Schlegelmilch and Nichols are optimistic that the infrastructure they're putting in place will have a long-term effect.

"What we're trying to do here is change culture," says Schlegelmilch. "Vision 2020 is not a program," adds Nichols. "It's a way of life."

REBECCA E. GLOVER

Medical student takes a detour, on two wheels

A year ago, Benjamin Grass was "excited" but "a bit nervous" about entering DMS. But soon he'd settled into studying anatomy and biochemistry.

Tumor: Until January 27, that is, when he was diagnosed at DHMC with testicular cancer. He had surgery the next day to remove the tumor, followed a month later by another operation to see if the cancer had spread; happily, it hadn't. Grass's treatment and recuperation went well, though he had to set aside his medical studies.

Now, however, after several fortuitous encounters, he's ready to hit the books again. The first fortuity came the day of his diagnosis. The resident who cared for him in the ER was Dr. E. Paul DeKoning, a DMS '04 who was

diagnosed with lymphoma during his first year at DMS; Grass has good things to say about all his caregivers, but DeKoning's support was especially reassuring on that difficult day.

The second fortuity came when Grass crossed paths with Dr. Susanne Tanski, a pediatrician and researcher at Dartmouth's Norris Cotton Cancer Center; upon learning about Grass's situation, she hired him to work, until he was able to return to school, on two anti-smoking projects she oversees.

Bike: The third fortuity relates to his longtime love of biking. Grass was a four-year member of the cycling team in college, at Williams, so when he realized that he had just enough time to get back in shape for the 2009

He had just enough time to get back in shape for the 2009 Prouty.



DMS student (and cancer patient) Ben Grass, right, completed 100 miles in this year's Prouty, with some college friends.

Prouty Century Bike Ride on July 11, he signed up; the Prouty raises over \$2 million a year for Norris Cotton—a cause that Grass is more than happy to support.

He completed the Prouty's 100-mile course feeling strong. And excited to get back to med school in a few months.

THEN & NOW

A reminder of the pace of change, and of timeless truths, from the 1980 DMS admissions viewbook:

"In response to the nation's need for primary-care physicians, increasing numbers of recent graduates of DMS and other medical schools have been entering residency programs in the fields of medicine, family practice, and pediatrics. Since 1973, 188 of the Medical School's 288 M.D. recipients (65%) have entered primary-care programs: 125 in medicine, 34 in family practice, 29 in pediatrics."



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Number of DMS M.D. recipients in 2009

17

Number who entered primary-care residencies

27%

Percentage who entered primary-care residencies