# the PRESIDENT'SMESSAGE

APRIL 14, 2014

It's hard to believe, but in another month we will be at Baltimore Arena cheering on members of the Class of 2014 as they graduate. This school year has flown by, and I can't wait for commencement. It's the happiest day of the year, the culmination of years of hard work by our faculty, staff, and the real stars of the day — our students!

Among the many things I'm proud of is the fact that as a University we have remained accessible to a broad demographic of potential students by seeking ways to make our programs more affordable. Some may scoff at that notion. Affordable? When, for instance, the cost of attending the School of Dentistry for a year is \$79,000 for an in-state resident and \$62,767 for a first-year, in-state School of Medicine student?

The reality is many of our 6,300 students complete their education with support from the financial aid programs the University of Maryland, Baltimore (UMB) has developed for students with academic potential and limited financial resources. Approximately 80 percent of UMB students receive assistance through our Office of Student Financial Assistance and Education.

You probably have heard of federal, state, and even University System of Maryland programs aimed at limiting tuition hikes. Unfortunately for UMB, many of these programs primarily benefit undergraduates, not a graduate institution like ours.

So UMB has worked to develop skill sets and strategies that provide students — free of charge — with the information and tools necessary to make smart financial decisions. The expenses incurred by our students are broken into two parts — direct costs and indirect costs. Direct costs, items such as tuition and fees, offer little flexibility. But indirect costs, such as a student's living expenses, transportation, and books, can sometimes be lowered.

Helping students develop realistic budgets is one of the goals of the Office of Student Financial Assistance and Education. Under Assistant Vice President Patricia Scott, the office helps students by providing, for instance, market surveys of apartment complexes that are within walking distance of the campus. Office staff advise students on how sharing an apartment or house could save them maybe \$600 a month. Not content to give students a guess of what groceries will cost, staff members make a list of student staples and go to a local supermarket to determine the actual bill.

By communicating up-to-date, accurate information to students, and counseling them alone or in groups on financial planning and how to maximize the federal and state grants available, the Student Financial Assistance and Education team helps students borrow only what they need.

And if the students do borrow too much? The office sends out reminders that it can help students return the extra money, cutting their loan debt upon graduation.

Education is more expensive now than it's ever been. But it's also more important. 2013 data from the National Center for Education Statistics show a wide gap between the earning power of a full-time salary worker age 25 to 34 who has a high school diploma (\$29,950) to one with a bachelor's degree (\$44,970) to one with a master's degree or higher (\$59,230).

At UMB, students are finding their tuition dollars are paying big dividends in preparing them for future careers. Look at some of our licensing exam pass rates: medicine (99 percent), dentistry (96 percent), nursing (95 percent), social work (89 percent) — all above the national average. Graduation rates are also astounding, with pharmacy at 98 percent and law at 95 percent.

Of course, I'm a tad biased but the numbers support me. Money spent on a UMB education is money well spent. The many employers — near and far — who are extending offers to our new graduates would agree as well.

Not that we're perfect. Many would-be students who are qualified never get the chance to attend UMB because of financial limitations. We should be able to find ways to make that a reality for them. As a public university, it behooves us to have a commitment to students of lower socioeconomic means.

Moving forward, we would encourage the Maryland General Assembly to consider additional support for graduate students, as it has for undergraduate students. In today's knowledge-based economy, with the type of innovation we're trying to encourage in Maryland, graduate education in the state must be supported in the same way.

Today a financial aid grant package for a student who demonstrates a very high financial need is capped at \$5,000 to \$6,000. So an in-state social work student, for instance, could end up owing \$33,000 a year for a federal loan that has to be paid back. Hopefully we can lower that student outlay.

As we watch the graduates cross the stage on May 16, and we think of all who helped them make their journey, don't forget the financial aid folks. They're an essential part of the graduation team, too.

Tay A Keman

Jay A. Perman, MD PRESIDENT

P.S. Remember to join me for our next group Q&A on April 17 at 11:30 a.m. at Hosick Lecture Hall in the Bressler Building and for our first annual State of the University Address on April 24 at 3 p.m. in the School of Nursing auditorium.



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### **UNIVERSITYWIDE**

As part of the CLUB UMB mentoring and youth leadership program, an initiative of the President's Outreach Council, University students helped a team of middle school students from the Southwest Baltimore Charter School successfully prepare for the Maryland Science Olympiad, a science competition for youths. The University students met weekly for five months with the team, which won 12 awards in the Baltimore regional tournament and advanced to the statewide competition. The UMB students are Stephen Cai, Andrew Hickey, Emily Hsiao, Maithri Kondapaka, Adam Kruszewski, Jenna Maggin, Alex Mamunes, Stefanie Milner, Chris Ruland, and Juliana Wu, each from the School of Medicine, and Ashley Lyles and Lindsay Schwartz from the School of Social Work.



FROM LEFT: ALEX MAMUNES, CHRIS RULAND, JENNA MAGGIN, ADAM KRUSZEWSKI, MAITHRI KONDAPAKA, EMILY HSIAO, ANDREW HICKEY, STEPHEN CAI, JULIANA WU, AND STEFANIE MILNER

Congratulations to the Francis King Carey School of Law and the School of Medicine for moving up in the recently released *U.S.News & World Report* rankings. The law school's Law and Health Care Program rose from fourth to first in the country. Its Environmental Law Program retained the sixth ranking and its part-time evening program stayed in the top 10 at No. 7. The medical school's research

ranking improved from 37th to 34th and its primary care ranking rose 18 places from No. 58 to No. 40. There were no new *U.S.News* rankings for nursing, pharmacy, social work, or physical therapy and *U.S.News* has never ranked dental schools.





NA LIN

MARÍA PINKAS

"ERM Ideas and Innovations: Digital Repository Management as ERM," written by María Pinkas, MLS, metadata management librarian at the Health Sciences and Human Services Library, and Na Lin, MLS, head of resource development and sharing at the library, was published in the Journal of Electronic Resources Librarianship.

The Health Sciences and Human Services Library's Andrew Youngkin, MLS, AHIP, emerging technologies/ evaluation coordinator, Southeastern/ Atlantic Region of the National Network of Libraries of Medicine (NN/LM), and Sheila Snow-Croft, MA, MLIS, public health coordinator, NN/LM Southeastern/Atlantic Region, are among the writers of "Social Media and Communications: Developing a Policy to Guide the Flow of Information," which was published in the Medical Reference Services Quarterly. J. David Midyette, MA, MLIS, AHIP, former outreach and communications coordinator, NN/LM Southeastern/Atlantic Region, is also a writer of the article.

#### SCHOOL OF DENTISTRY

The student chapter of the American Association of Women Dentists (AAWD) raised \$745 for the Ulman Cancer Fund for Young Adults through the fourth annual UMB AAWD Indoor Triathlon, which the chapter hosted in March.



THE DENTAL SCHOOL'S AAWD TRIATHLON TEAM

Student **Nancy An** was chosen to be the American Dental Hygienists' Association's District II student alternate delegate to the association's House of Delegates.



EUNG-KWON PAE

"Insulin Production Hampered by Intermittent Hypoxia Via Impaired Zinc Homeostasis," co-written by Eung-Kwon Pa

Eung-Kwon Pae, DDS, PhD, MSc,

professor and chair of the Department of Orthodontics and Pediatric Dentistry, was published in the journal *PLOS ONE*.



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Department of Endodontics,
Prosthodontics, and Operative
Dentistry faculty members Michael
Weir, PhD, research assistant
professor; Ashraf Fouad, DDS,
MS, professor and department
chair; and Huakun Xu, PhD, MS,
associate professor and director of the
Biomaterials and Tissue Engineering
Division; are among the writers of
"Evaluation of Antibacterial and
Remineralizing Nanocomposite and
Adhesive in Rat Tooth Cavity Model,"
which was published in the journal
Acta Biomaterialia.

### FRANCIS KING CAREY SCHOOL OF LAW

During Ms. JD's Conference on Women in the Law, held at the University of Texas School of Law in Austin, Avery Blank, JD '11, law and policy analyst at the Center for Health and Homeland Security, was a faculty trainer, and Paula Monopoli, ID, professor and director of the Women, Leadership, and Equality Program, was a featured speaker. Monopoli is also among the writers of the casebook Contemporary Approaches to Trusts and Estates, the second edition of which was published, and she presented her work at the University of Texas School of Law and the University of Oxford in the United Kingdom this semester. The Women, Leadership, and Equality Program, which Monopoli founded, received a \$100,000 gift from the Marjorie Cook Foundation in celebration of its 10th anniversary.



DANIELLE CITRON

Danielle Citron, JD, Lois K. Macht Research Professor of Law, delivered a keynote address at the Baltimore office of global law firm DLA Piper in honor of Women's History Month.

The Environmental Law Program hosted the University System of Maryland's first environmental summit in February. The program's goal was to lay the foundation for an inter-institutional network of environmental scholars that will develop curricular and research opportunities throughout the university system.

"Speech Engines," written by **James Grimmelmann**, **JD**, professor, was published in the *Minnesota Law Review*.

Kathleen Hoke, JD, professor and director of the Legal Resource Center for Tobacco Regulation, Litigation, and Advocacy, was named a mentor for the Georgia State University College of Law's Future of Public Health Law Education: Faculty Fellowship Program. Diane Hoffmann, JD, MS, professor and director of the Law and Health Care Program, was chosen as a consultant to the fellows' deans.



PETER HOLLAND

"Junk Justice: a Statistical Analysis of 4,400 Lawsuits Filed by Debt Buyers," written by **Peter Holland, JD '92, MA**, clinical instructor and head of the Consumer Protection Clinic, was published in Loyola University Chicago's *Loyola Consumer* Law Review.

Rena Steinzor, JD, professor and prolific author on environmental regulation, delivered the keynote address during the University of Georgia School of Law's Red Clay Conference. The event addressed environmental law and public health. "Falling Behind: Processing and Enforcing Permits for Animal Agriculture Operations in Maryland Is Lagging," written by Steinzor and alumna Anne Havemann, JD '13, was published by Digital Commons.

#### SCHOOL OF MEDICINE



CYNTHIA BEARER

Cynthia Bearer, MD, PhD, FAAP, professor in the Department of Pediatrics, was awarded a threeyear, \$302,056 grant from the National Institute on Alcohol Abuse

and Alcoholism for "Interactive Effect of Environmental Exposures and Alcohol in the Navajo Birth Cohort." Bearer is also the principal investigator on a three-year, \$411,000 grant from the Maryland Department of Health and Mental Hygiene to continue support of the Center for Infant and Child Loss at the School of Medicine.

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The following faculty members in the Department of Family and Community Medicine and at the Center for Integrative Medicine (CIM) will participate in the 2014 International Research Congress on Integrative Medicine and Health, to be held in Miami in May: Brian Berman, MD, professor and CIM director, will be on a panel of international experts for the symposium S11 — Community-Based Integrative Medicine Research: The Challenge of Creating and Evaluating Effective Interventions for Urban Youth; Christopher D'Adamo, PhD, assistant professor and CIM director of research, will lead the S11 symposium; and Rui-Xin Zhang, PhD, assistant professor, will deliver the poster presentation "Transient Receptor Potential Cation Channels and Cytokines Are Involved in Topical Long-Teng-Tong-Luo Gel Inhibition of Bone Cancer Pain."

The Maryland Psychiatric Research Center at the School of Medicine held a plaque dedication ceremony to honor **William Carpenter**, **MD**, professor in the Department of Psychiatry, for serving more than 35 years as the center's director. Carpenter stepped down last year to focus on research, research training, and program development.



CARPENTER AND HIS WIFE, CAROL, ARE GREETED BY HIS MPRC SUCCESSOR ROBERT BUCHANAN AND DEAN E. ALBERT REECE.



CLAIRE FRASER

Claire Fraser, PhD, professor in the Department of Medicine and director of the Institute for Genome Sciences (IGS), received a Maryland International

Business Leadership Award from the World Trade Center Institute during a ceremony at the American Visionary Art Museum. The award recognizes the international scope of work performed by Fraser and the IGS. William E. Kirwan, PhD, chancellor of the University System of Maryland, was a featured speaker during the ceremony.

Robert Gallo, MD, professor in the Department of Medicine and director of the Institute of Human Virology, was chosen as a fellow of the American Association for Cancer Research Academy, which honors scientists who have made major contributions to innovation and progress in the fight against cancer.



MICHELLE GIGLIO

Michelle Giglio, PhD, assistant professor in the Department of Medicine and at the Institute for Genome Sciences, is among *The* Daily Record newspaper's top

100 women for 2014. Each year the Maryland publication recognizes high-achieving women — Giglio was recognized for her science educational outreach to regional teachers and students.



THOMAS HORNYAK

Thomas
Hornyak, MD,
PhD, associate
professor in the
Department of
Dermatology and
the Department
of Biochemistry
and Molecular
Biology,

was chosen president-elect of the PanAmerican Society for Pigment Cell Research. Hornyak will serve as president from 2017 to 2019.



ANTHONY KIM

Anthony Kim, PhD, assistant professor in the Department of Neurosurgery, received a oneyear, \$100,000 grant from the Pharmaceutical Research and

Manufacturers of America for "Fn14-Targeted Therapeutics for Invasive Brain Cancer."



KAREN KOTLOFF

Karen Kotloff, MD, professor in the Department of Pediatrics and head of the Division of Infectious Disease and Tropical Pediatrics, was appointed to the

U.S. Food and Drug Administration's Vaccines and Related Biological Products Advisory Committee for a four-year term. The committee reviews and evaluates data and provides advice to the commissioner of food and drugs concerning the safety, effectiveness, and appropriate use of vaccines and related biological products.

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Department of Surgery faculty members John LaMattina, MD, assistant professor, and Rolf Barth, **MD**, associate professor, wrote the chapter "Laparoendoscopic Singlesite Surgery as an Evolving Surgical Approach" in the book Current Surgical Therapy, the 11th edition of which was published.

Michelle Pearce, PhD, assistant professor in the Department of Family and Community Medicine and at the Center for Integrative Medicine, was chosen as an early career psychologist to be spotlighted in the newsletter of the American Psychological Association's Division 38. Pearce also was board certified in coaching with a specialty distinction in health and wellness, and she is the lead author of "Religiously-Integrated Cognitive Behavioral Therapy: A New Method of Treatment for Major Depression in Patients With Chronic Medical Illness," which was accepted for publication in the journal Psychology and Psychotherapy: Theory, Research, and Practice.

#### SCHOOL OF NURSING



MARY LYNN DAVIS-AJAMI

"Capsule Commentary on Michaelidis et al., Cost-Effectiveness of Procalcitonin-Guided Antibiotic Therapy for Outpatient Management of Acute Respiratory

Tract Infections in Adults," written by Mary Lynn Davis-Ajami, PhD, MBA, MS, NP-C, RN, assistant professor in the Department of Organizational Systems and Adult Health, was published in the Journal of General Internal Medicine.



MARIAN GRANT

Marian Grant, DNP '10, MSN, RN, CRNP, assistant professor in the Department of Organizational Systems and Adult Health, was chosen to participate in

the Health Policy Fellows program. Conducted by the Institute of Medicine and funded by the Robert Wood Johnson Foundation, the program offers hands-on policy experience at the federal level.



SHANNON REEDY IDZIK

Shannon Reedy Idzik, DNP '10, MS '03, CRNP, CCRN, assistant professor in the Department of Organizational Systems and Adult Health and director

of the Doctor of Nursing Practice program, will be inducted as a fellow of the American Association of Nurse Practitioners during the organization's national conference in Nashvile, Tenn., in June. Participants in the fellows program are nurse practitioner leaders who are recognized for making outstanding contributions to clinical practice, research, education, or policy.



YOLANDA OGBOLU

The Black Nursing Organization of Maryland awarded the Harriet Tubman Legacy in Nursing Award for Maternal Child Health Nursing to Yolanda Ogbolu, PhD '10, MS

'05, BSN '04, RN, CRNP, assistant

professor in the Department of Family and Community Health and deputy director of the Office of Global Health. The award was presented during the organization's annual Black History Month celebration.

Alison Trinkoff, ScD, MPH, RN, **FAAN**, professor in the Department of Family and Community Health, was presented the Distinguished Researcher Award during the Southern Nursing Research Society's annual conference, held in San Antonio in February.



TRINKOFF (CENTER) RECEIVES HER AWARD FROM SNRS PRESIDENT PATRICIA CRANE AND SNRS PRESIDENT-ELECT CINDY MUNRO.



NAN HECHENBERGER

The School of Nursing community was saddened to learn of the passing of Dean Emeritus Nan Hechenberger,

PhD, RN, on March 6.

She served as the School's third dean from 1978 to 1989 before becoming president of Neumann University in Aston, Pa. Our thoughts go out to her family.



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### SCHOOL OF PHARMACY



PETER DOSHI

Peter Doshi, PhD, assistant professor in the Department of Pharmaceutical Health Services Research, was named an associate editor of the *British Medical Journal*.

Susan dosReis, PhD, associate professor in the Department of Pharmaceutical Health Services Research, received a one-year, \$83,736 contract from the Maryland Department of Health and Mental Hygiene for "CMS CHIPRA Year Five Quality Demonstration Grant-Care Management Entities: A Multi-State Collaborative to Improve Children's Mental Health."



THOMAS DOWLING

Thomas Dowling, PharmD, PhD, associate professor and vice chair for scholarship and research in the Department of Pharmacy Practice and Science, received a six-

month, \$277,147 contract from optical diagnostic company MediBeacon for "MP-3180 Pharmacokinetic Study in Healthy Volunteers."



JOGA GOBBURU

Joga Gobburu, PhD, MBA, professor in the Department of Pharmacy Practice and Science and director of the Center for Translational Medicine, received a two-year, \$60,884 contract from pharmaceutical manufacturer Eli Lilly and Co. for "Development of a Model-Based Insulin Dosing Calculator, Framework, and Algorithms to Support Development of Integrated Glucose Control Devices."



STEPHEN HOAG

Stephen Hoag, PhD, professor in the Department of Pharmaceutical Sciences, received a oneyear, \$32,114 contract from Johns Hopkins University for

"Development and Optimization of a Dissolving Film for Allergen Specific Immunotherapy in Children."



AMY IVES

Amy Ives, PharmD, assistant professor in the Department of Pharmacy Practice and Science, was named the School's delegate to the American Association of Colleges of Pharmacy.



MAUREEN KANE

Maureen Kane, PhD, assistant professor in the Department of Pharmaceutical Sciences and co-director of the Mass Spectrometry Center, received

a three-year, \$75,849 grant from the University of New Mexico for "Interactive Effect of Environmental Exposures and Alcohol in the Navajo Birth Cohort."



TIMOTHY ROCAFORT

Timothy
Rocafort,
PharmD, assistant
professor in the
Department of
Pharmacy Practice
and Science, was
named to the
editorial advisory
board of *Pharmacy* 

*Today*, the magazine of the American Pharmacists Association.



MAGALY RODRIGUEZ

Magaly Rodriguez de Bittner, PharmD, BCPS, CDE, FAPhA, professor and chair of the Department of Pharmacy Practice and Science, received

a one-year, \$53,500 contract from the Maryland Department of Health and Mental Hygiene for "Operational Technical Support Provided by the Institute for a Healthiest Maryland."



**BRUCE YU** 

Bruce Yu, PhD, associate professor in the Department of Pharmaceutical Sciences, received an eight-month, \$100,000 grant from the Maryland Technology

Development Corp. for "RelaxDetect: Detect Biopharmaceutical Aggregation via Water Relaxation."



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### SCHOOL OF **SOCIAL WORK**

Student Marie Bailey-Kloch and Corey Shdaimah, PhD, LLB, LLM, associate professor, presented "Risks and Benefits of Serving Gendered Justice: Lessons Learned From Court-Affiliated Prostitution Diversion Programs" during the University of Delaware Legal Studies Speakers Series. They spoke about their research on programs in Baltimore and Philadelphia.



DIANE DEPANFILIS

Diane DePanfilis, PhD, MSW, professor and director of the Ruth H. Young Center for Families and Children, presented "Building

Collaboratives Across Organizations to Support Installation and Implementation" during a meeting on evidence-based practice held at the U.S. Department of Health and Human Services' Office of Planning, Research, and Evaluation in Washington, D.C.



GEETHA GOPALAN

Geetha Gopalan, PhD, MSSW, MPSW, assistant professor, was awarded more than \$362,000 from the National Institute of Mental Health for a developmental

research grant to explore "Improving Child Behavior Using Task Shifting to Implement Multiple Family Groups in Child Welfare."



GEOFFREY GREIF

"The Voices of Fathers in Prison: Implications for Family Practice," written by Geoffrey Greif, PhD, MSW, professor, was published in the Journal of Family Social Work.



TANYA SHARPE

"Perspectives and Appropriateness of Suicide Prevention Gatekeeper Training for MSW Students," written by Tanya Sharpe, PhD, MSW, assistant professor; Jodi Jacobson

Frey, PhD, MSW, associate professor; Philip Osteen, PhD, MSW, assistant professor; and alumna Sarah Bernes, MSW '13, MPH, was published in the journal Social Work in Mental Health. Sharpe also received a Governor's Victim Assistance Award, presented by the Maryland State Board of Victim Services, for her research on surviving the homicide of a loved one.



## STRATEGICPLANSUCCESS

APRIL 14, 2014

#### ADDRESSING ACCOUNTABILITY

On its face value alone, the State of the University Address President Jay A. Perman, MD, will give on April 24 is a major accomplishment. It is the first such address in a quarter century at the University of Maryland, Baltimore (UMB).

The address also is a great leap forward for UMB's 2011-2016 strategic plan. One of the metrics, or objective measures, of the strategic plan's theme to "Foster a Culture of Accountability and Transparency" is to have "the Office of the President annually disseminate the President's State of the University report to the University community."

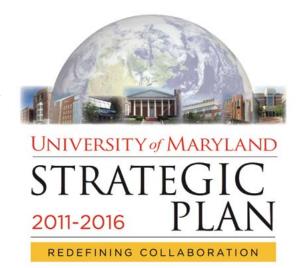
That will happen in the School of Nursing auditorium when Perman will discuss what the University as a whole has achieved in the past year.

The address is not the only progress made in the theme to "Foster a Culture of Accountability and Transparency."

Perman also formally approved the creation of the Office of Accountability and Compliance and named Roger Ward, EdD, JD, MPA, the University's chief accountability officer, in addition to his duties as vice president of academic affairs and vice dean of the Graduate School.

Under Ward's direction, the Office of Accountability and Compliance is leading an effective enterprise risk management (ERM) structure that identifies, prioritizes, and mitigates issues that can adversely affect UMB in all of its operational areas. The ERM initiative connects functional area leaders across the campus and has produced a list of priorities that align with initiatives under the strategic plan.





To sustain and support these and other activities, this office is investing in resources to educate and develop University employees in areas such as conflict of interest, research integrity, and Title IX compliance.

"We are proud of what our efforts are producing regarding the strategic theme of 'Foster a Culture of Accountability and Transparency,'" says Ward, who is co-chair of the theme with Peter N. Gilbert, MSF, chief operating officer and senior vice president. "This involves every school and central administrative unit within the institution. We will be unable to achieve our strategic priorities without taking a broad and earnest look at how we operate as an institution. So we need to look objectively at those things the University can do better."

This pursuit of improvement also ties into some of the theme's other goals such as "develop a training program to make accountability a personal obligation" and "define, promote, and reward excellent service."

Ward expects members of the UMB community to continue to play a role in this transformation. "Connecting as seven schools | one University on the issue of accountability requires each of us to embrace and perceive accountability and compliance as an essential management activity that leads to organizational improvement," he says.



#### **COMMENCEMENT 2014!**

The UMB community is in for a treat on May 16 when Wes Moore, MLitt, serves as keynote speaker at the commencement ceremonies at Baltimore Arena.

At 35, Moore has accomplished a lot — Army officer, Rhodes Scholar, youth advocate, entrepreneur, Johns Hopkins graduate, TV host. But to truly appreciate his story one must read his book, *The Other Wes Moore*.

The best-seller details how two kids with the same name grew up fatherless in similar Baltimore neighborhoods but met different fates ... one as a White House fellow; the other in prison for murder. As Moore says, "The chilling truth is that his story could have been mine. The tragedy is that my story could have been his. It's unsettling to know how little separates each of us from another life altogether."

Despite early academic and behavioral struggles, the Wes Moore who will speak at commencement graduated Phi Theta Kappa in 1998 as a commissioned officer from Valley Forge Military College, and Phi Beta Kappa from Hopkins in 2001. There he also founded an organization called STAND! that works with Baltimore youth involved in the criminal justice system. Moore then became a Rhodes Scholar, studying international relations at Oxford University. After his studies, Moore served as a paratrooper and captain in the U.S. Army during a combat tour of duty in Afghanistan. He then served as a White House fellow to Secretary of State Condoleezza Rice.

Today, Moore, who resides in Baltimore with his wife and two young children, is a youth advocate, social entrepreneur, and popular public speaker who hosts a PBS series called *Coming Back with Wes Moore* on returning veterans. But his mind never strays far from the thoughts in his book.

"Small interactions and effortless acts of kindness can mean the difference between failure and success, pain and pleasure — or becoming the people we loathe or love to become," he writes. "We are more powerful than we realize, and I urge you to internalize the meanings of this remarkable story and unleash your own power."



