

# STANFORD bench & bedside

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# ALUMNI UNCORKED

For people in the San Francisco Bay Area, 1989 was a year to remember for big reasons: two local teams in a national baseball championship, and a devastating earthquake. But for one School of Medicine student and her father, it's a small moment that makes 1989 most memorable. Inside an Escondido Village apartment at Stanford, sitting at a table fashioned from a wooden crate, the two shared a pizza and drank a bottle of Vega Sicilia that was worth about one month's rent.

The student was **Laura Catena**, daughter of prominent Argentine winemaker Nicolás Catena. "Wine was a bond my dad and I shared," she says. "At that time, I was discovering medicine, and my father was sort of reinventing wine for his entire country... I just remember sitting with him, sharing this great bottle of wine, and sharing our dreams in life."

Although Catena's story is specific to that moment, with that wine and her dad, it turns out the pairing of wine and medicine isn't all that unusual at Stanford—home to innovative, entrepreneurial minds and nestled close to exceptional wine country. We found many School of Medicine alumni wine enthusiasts with stories just waiting to be uncorked—from nurse **Jane White-man Garrod**, part of the distinguished winemaking family that runs Cooper-Garrod Winery in Saratoga, California, to **David Bruce**, who divides his time between dermatology and the winery he founded in 1964, which produces award-winning Pinot Noirs and other varietals. Then there's pediatric physician **F. Wells Shoemaker**, winemaker for Salamandre Wine Cellars and a lecturer on the health benefits of wine. In fact,

Courtesy of Thomas Fogarty



*The tasting room at Thomas Fogarty Winery & Vineyards provides a taste of Anderson Valley scenery as well as what's in the bottle.*

“The scientific training we receive in medical school is useful in the vineyard and winery,” observes **Jan Krupp**, founder of Krupp Brothers Winery and Stagecoach Vineyards. “As a medical student and practicing internist, one learns to analyze and help patients partially based on their lab reports. In the vineyard, we adjust grapevine nutrition and fertilizers based on lab reports from ground up grape leaves. Also, many principles of treating human disease apply to treating grapevine disease.”

#### **Sunshine and Sweat**

Marton adds a tactile perspective. “Physicians in general—not just surgeons—are very hands-on people,” he says. “And many aspects of wine are hands-on activities. Sure, there’s winemaking, but owning and managing a winery is also a hands-on process.”

Here’s one reality many interviewees identified: Medical professionals spend a lot of time indoors—in labs, hospitals, clinics, and offices. More than one of our wine enthusiasts pointed to working in the vineyard as a way to balance out time spent in sterile environments under fluorescent lighting.

“It’s really refreshing to get out and do some real physical work in the earth and with the grapes,” says Krupp. “For doctors, it’s a great change of pace from

being inside and dealing with things that aren’t always cheerful.”

Campbell agrees. “For many of us, the vineyard is a great escape from medicine,” he says. “We tend to spend our days listening to people’s problems. To me, there’s nothing more restful than spending a few hours out pruning vines. The vines don’t talk back, and there are no complaints.”

#### **Celebration and Philanthropy**

Asked to describe moments that stand out, our wine lovers revealed themes of celebration and philanthropy.

Surgeon **Elwood Greist** helped found the Livermore Valley Winegrowers Association and grows grapes used by other wineries, but he recalls a special wine he made for a return trip to Stanford. “At my 40-year reunion, some of my classmates joked that since I had a vineyard, I should make them some wine,” says Greist. “I made the wine, and each bottle had a special label that read ‘Medical Class of ’48.’ I presented it to them at our 50-year reunion.”

Catena recalls a celebration with family earlier this year as a standout moment. “We drank a bottle of 1939 Chateau Latour to celebrate my father’s 70th birthday,” she reports. “That wine was perfection. Beautiful aromas so typical of this special vineyard in Pauillac, and

a fresh acidity, despite 70 years in the bottle. It was like a flower... like when you enter a garden and smell a rose, and then you see it. Celebrating my father’s birthday and drinking that wine trumps all of my other experiences.”

Since altruism often plays a role in pursuing a career in medicine, it’s no surprise that some alumni enthusiasts turn their passion into acts of generosity. As a student volunteer at a clinic in Arequipa, Peru, Campbell was so touched by his experiences, he talked with a local priest about what he could do to support the community. Hunger relief came up front and center. With Elk Cove thriving, Campbell had an idea.

“I created a wine called Condor,” says Campbell. “Elk Cove covers all the expenses for producing the wine, so resources raised from sales go directly to a hunger relief program for the clinic. This year, we’re hoping to raise more than \$20,000. Today, this clinic feeds almost 600 people daily and for many, it’s their only meal of the day. It’s a great way for me to tie together medicine and winemaking. I feel very lucky that I can do this.”

Art and science combined, new growth on the vines in the spring and a good crush in the fall, something delicious to savor with family and friends—who wouldn’t feel lucky?



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## Wine Enthusiasts at a Glance

Joe Campbell, MD '67

**Career in Medicine:** Family practice physician in Portland, Oregon.

**Life in Wine:** Founded Elk Cove Vineyards in Gaston, Oregon, in 1974 with his wife, Pat. Varietals from Elk Cove include Pinot Gris, Pinot Noir, Reisling, and Syrah.

**Biggest Wine Challenge:** Convincing wine lovers and critics that Oregon can produce fine wine. There are only a few places in the world known to produce great Pinot Noir, and Oregon is considered one of the best.

Laura Catena, MD '92

**Career in Medicine:** Assistant clinical professor of emergency medicine, UC San Francisco.

**Life in Wine:** Fourth-generation member of the Catena winemaking family. President of Botega Catena Zapata Winery and owner of Luca Wines, both based in Argentina.

**Most Rewarding Wine Experience:** Writing *Vino Argentino: An Insider's Guide to the Wines and Wine Country of Argentina*, the first book on Argentine wine by a U.S. publisher. (*Editor's note: See Eyes & Ears, page 26*)

Thomas Fogarty, MD, CRT

**Career in Medicine:** Professor of surgery at Stanford and president of Fogarty Engineering, a laboratory dedicated to developing medical products.

**Life in Wine:** Founder of Thomas Fogarty Winery & Vineyards. Produces Pinot Noir, Chardonnay, Cabernet Sauvignon, Gewurztraminer, dessert wines, and several other varietals.

**Favorite Wine-Food Pairing:** Thomas Fogarty Pinot Noir with halibut or salmon, or a Gewurztraminer with fowl.

Elwood Greist, BS '45, MD '48

**Career in Medicine:** Former practicing surgeon in Livermore.

**Life in Wine:** Helped create the Livermore Valley Winegrowers Association. Local wineries rely on grapes harvested from his Shadow Hills Vineyard to produce their wines.

**Favorite Wine-Food Pairing:** A good Chardonnay with shrimp or fish.

Jan Krupp, MD '71

**Career in Medicine:** Former practicing internist in Napa.

**Life in Wine:** Vintner-Founder for Krupp Vineyard, Krupp Brothers Vineyard, and Stagecoach Vineyard.

**Favorite Wine-Food Pairing:** Black Bart's Bride, a blend of Marsanne, Viognier, and Chardonnay produced by Krupp Brothers, with scallops cooked in a saffron sauce or a chili-accented cream sauce.

Keith Marton, '65, MD '70, CRT, Medicine Resident and Fellow '74-'77, Faculty '77-'83

**Career in Medicine:** Senior vice president and chief medical quality officer for Providence Health & Services.

**Life in Wine:** Wine judge, winemaker, and candidate for the Master of Wine degree through the Institute of Masters of Wine in London. Contributor, along with fellow School of Medicine graduate F. Wells Shoemaker, to *The French Paradox and Beyond: Living Longer with Wine and the Mediterranean Lifestyle*.

**Memorable Wine Moment:** Tasting South African wines while watching lions in a big game park in South Africa.