

# Gardner Newsletter

Happy Thanksgiving! Merry Christmas! Happy New Year!

Fall 2011

Volume 14, Issue 56

Special points of interest:

Cousin Geri's 2011 Christmas message shows us why the gift of "presence" is better than receiving "presents."

How Dr. Chris Cove saved a life with "superglue."

Grandma and Grandpa Gardner wanted the best education for their children.

In this issue:

Cousin Geri Rosser's 2011 Christmas Message 1

Groundbreaking Medical Procedure 1

Grandma and Grandpa Gardner Cared about Education 4

## Cousin Geri Rosser's Christmas 2011 Message to Family and Friends

**Wh**en my dad, Henry

Metcalf, passed away one of the most significant sources of comfort I found was in a direct phone call to me from our former pastor, Newell Smith. He took the time to call my cell phone (not Greg's) and spend time talking with me for about ten minutes, just to find out how I was doing and to let me know that he and his wife were praying for me, mom, Ruth Anne, Dick, and Greg. The time that he took was minimal, but he was present with me in my grief, and not afraid to "sit" with me on the phone, even if I didn't have much to say in the moment.



Rev. Greg Rosser and Gardner Cousin Geri Metcalf Rosser

I'm sure all of us have been there, in a time when someone's "being present" with us meant more than anything they might say or do. Just their being there spoke volumes about the compassion and love they had for us. Maybe it's happened to you, as with me, in the loss of a loved one. Or perhaps it's been in the love of your spouse or significant other in just being still with you in the moment, not having to say a word, but instead to love you in the silence. For others it might be the joy of having company while doing quiet activities

you enjoy together, knowing that the other

*(Continued on page 6)*

## Groundbreaking procedure saves life of patient with rare heart tumor

**A** little "serendipity" – and a lot of superglue – helped Dr. Christopher Cove save a patient's life in a

groundbreaking operation that has attracted international attention. In a procedure that has been written up in medical journals and covered by such major media outlets as *The*

*Washington Post*, London's *Daily Mail* and CBS *This Morning*, Cove – an interventional cardiologist – collaborated across medical disciplines with a neu-

*(Continued on page 2)*



*“Her condition was so rare, I couldn’t find any other cardiologist to consult; all we could find were autopsies of young people who had died from the condition.”*



## *“Jamie Arliss had brushed off worrisome health symptoms . . . .”*

*(Continued from page 1)*  
rosurgeon to devise a treatment that succeeded in shrinking a rare heart tumor in a patient who had effectively run out of options. “This is really a story of serendipity,” said Cove, the assistant director of the Cardiac Catheterization Laboratory at the University of Rochester Medical Center and an associate professor of medicine. “By the time I first saw the patient, she was on a waiting list for a heart transplant because that seemed to be her only option.”

The patient was 32-year-old Jamie Arliss, a licensed practical nurse who had brushed off worrisome health symptoms as merely the result of the long hours she put in as a nurse, mother and student studying to become a registered nurse. “I always felt tired and short of breath, and I’d get chest pains sometimes,” Arliss said. While being trained to use an EKG machine, however, Arliss performed the heart procedure on herself and became concerned when the results didn’t look right. “I’m a worrywart,” she said, “and I couldn’t let this go.” Arliss consulted a local cardiologist, who performed an echocardiogram, which discovered an arteriovenous malformation (AVM) – or a rare tumor about the size of a golf ball growing on her heart. Doctors attempted to operate, but soon discovered the tumor had grown so large that it couldn’t be removed surgically.

That’s when Arliss’s doctors

consulted with Dr. Cove.

“Jamie was looking at a very long haul (to wait for a transplant) and her condition was gradually deteriorating,” Cove said. “Her condition was so rare, I couldn’t find any other cardiologists to consult; all we could find were autopsies of young people who had died from the condition.” Cove first attempted to inject a “tornado coil” into Arliss’s heart in order to cut off the blood supply to the tumor, which was steadily growing larger. “Within minutes, the tumor found another blood supply,” Cove said. “I was frustrated and Jamie was frustrated: She had already been undergoing tests for two years before she came to me.” Then providence came into play.

Dr. Babak Jahromi – a neurosurgeon at the University of Rochester Medical Center – was temporarily displaced from his laboratory for renovations and asked Cove if he could borrow his laboratory for a day.

“I’m a curious person and during breaks I would go over and watch him,” Cove said. “Generally, you think of neurosurgeons as using scalpels and opening the brain, but Dr. Jahromi was doing lots of catheter-based procedures as well as using this product called Onyx – we call it ‘medical superglue.’ “I watched him and a light went off,” he continued. “I thought, I wonder if I could inject that into the tumor and stop it from growing?”

Cove approached Jahromi with his idea. “He was both excited and kind of dumbfounded,” Cove said. “No one had ever used this product in a heart before, and Dr. Jahromi had never injected more than one tenth of one milliliter into a patient.”

When Arliss’ tumor continued to grow – reaching the point where it covered 50 percent of her heart and began to grow outside her heart as well – the two doctors approached her and proposed the revolutionary procedure.

“Jamie was the true hero here,” Cove said. “After two years of being told she had a tumor in her heart and there was no cure, I think she was desperate and would have tried anything.”

In December 2010, Cove and Jahromi combined techniques and instruments from both cardiology and neurosurgery to perform the groundbreaking procedure.

“Neurosurgeons aren’t used to working on beating hearts,” Cove noted, “but they have some smaller equipment that worked really well.”

Using some of his colleague’s smaller instruments, Cove inserted a tiny catheter in the middle of the tumor. The doctors then filled the tumor with the medical superglue, Onyx.

“We used 10 times the amount that would be used in a brain procedure,” Cove explained. “It took over an hour, and it was tricky because we had to line the

*(Continued on page 3)*

*(Continued from page 2)*  
 catheters with lubricant to prevent the superglue from sticking to them. There was also the chance the catheter would get stuck in the heart, so we had to be very careful in backing it out.”  
 The procedure was a success: Four months after the surgery, the tumor had shrunk from 4 cm by 3.5 cm to 1 cm by 1.5 cm, and Arliss was able to resume her normal activities.  
 “I don’t think she’s quite convinced that she’s okay now,” Cove said. “She’d of course like the tumor to be gone completely, but we’ve assured her that it’s now dead and no longer a risk to her.”  
 Since then, Cove’s superglue procedure has been written

up in medical journals and was presented at the conference for the Society for Cardiac Angiography Intervention, where it received the award for best presentation.  
 “The best thing to come out of this procedure medically was the collaboration we’ve established between neurosurgery and cardiology,” Cove said. “We’re talking and sharing ideas and tools now, and there’s more communication between neurosurgery and cardiology.”  
 Cove credits the academic preparation he received as a Chemistry major at ENC for much of his success in medicine.  
 “Dr. (Lowell) Hall was my mentor,” he said. “People have one or two major

influences in their lives and Dr. Hall was definitely one of those major influences in mine. I don’t think I would have gone as far as I have had it not been for him.”  
 A native of Auburn, NY, Cove has many family connections to Eastern Nazarene: Cove Fine Arts Center is named for his great-aunt, Edith Cove, and both his father and mother – whose maiden name was Gardner – also attended the college. But he admits ENC wasn’t his first choice for his undergraduate degree.  
 “I didn’t really want to go to ENC – I wanted to go to BU,” he said. “But Dr. Hall convinced me that I would get the academic preparation I needed at ENC. I remember he told me, ‘You won’t regret coming to ENC’ and he was right,” said Cove, who went on to graduate from Cornell University’s Weill Cornell Medical College. “It was a really great choice.”



*Little Chris Cove courtesy of Cousin Rod Ames*

*(Pictured at left) Dr. Chris Cove explains his groundbreaking medical procedure to patient Jamie Arliss. By injecting medical “superglue” into the deadly tumor in Arliss’s heart, Cove was able to shrink the tumor and save her life. Inset is an echocardiogram test showing the rare tumor.*

*(Reprinted from Eastern Nazarene College’s “The Christian Scholar” Fall, 2011)*



*Little Nancy Whitney (Cove ) courtesy of Cousin Rod Ames*



*“Lois is the only one of ALL the Gardner children who attended all the primary grades at one school – Blake Hill School – and completed her four year high school curriculum at Lyndon.”*

***Make a New Year's resolution in 2012 to contribute an article to the newsletter.***

### *Grandma and Grandpa Gardner Cared about a Good Education*

**I**n the last issue of The Gardner Newsletter we featured a “puzzle” recreating the school budget of the Town of Charleston to which Grandpa Gardner took great exception. He studied the figures that were published on March 31, 1931 and submitted his own re-created budget. We asked that all of you study the figures to see if you agreed with his calculations. Here is what Uncle Raymond had to say about them.

“Will Gardner's figures, as published in The Gardner Newsletter, all seem to be correct. It seems to me he could have made his point better by just using the town report figures. The "School Discontinued" line is confusing. This is actually the cost of the 7<sup>th</sup> and 8<sup>th</sup> graders. So, the \$2,735.05 is the cost of the 13 high school students. Now the town report divides this by the total students: 27. It should have been divided by 13. The Charleston High School was discontinued sometime after 1938.

Papa and Mama wanted their children to get a better education than that available at the Charleston High

School. So, one way or another, the children did not go to Charleston High School, with one exception, Ruth, who attended one year.”

Here's how the Original Gang of Ten spent their high school years:

Ruth attended one year at Charleston High School. Then she moved in with Aund Edith in Newport where she graduated.

Elizabeth attended one year at Brighton High School. Then she moved in with Grandma Lang in Lyndon and graduated from there in 1932.

Lois lived with Grandma Lang and graduated from Lyndon in 1935. Lois is the only one of ALL the Gardner children who attended all the primary grades at one school – Blake Hill School – and completed her four year high school curriculum at Lyndon.

In a recent telephone conversation with your editor, Paul Gardner, Lois disclosed that after high school she moved to Massachusetts to live with Cora Morse (Aunt Celia's sister) who ran a home for

retarded children. Lois worked there for a couple of years. Then she moved to Winchester, MA and did housework for a family for about a year. After that, she worked three or four years for *Babson Reports*. It was during this time that her sister, Nita, came down right after high school and worked at *Babson* for awhile too. From *Babson*, Lois worked for the First National Bank of Malden for 39 years. She worked in various departments performing her duties as file clerk, head bookkeeper, and teller. With the advent of computers she worked in the Loan Department inputting the loan information that networked to a computer center located in Boston.

Getting back to the other Gardner children:

Earl attended three years at Lyndon, one at Brighton, and one at Derby Academy where he graduated in 1936.

Clayton attended one year at Lyndon, one year at Brighton, and two years at Derby Academy where he graduated 1938.

*(Continued on page 5)*

*(Continued from page 4)*

Nita attended all four years at Derby Academy and graduated in 1940.

Adelbert attended all four years at Derby Academy and graduated in 1942.

Raymond attended two years at Derby Academy and two years at Brighton High School and graduated in 1944.

Both Elinor and Beulah attended all four years at Brighton High School. Elinor graduated in 1946 and Beulah graduated in 1948.



*Aunt Nita's and Uncle Lyndol's graduation photo from Derby Academy. Can you find them? Hint: Peruse the top row.*



*Grandma Gardner's parents: William French and Ruth Sherborn French (Seymour)*



*Olive Lucy French's (Grandma Gardner) graduation from Normal School. See Gardner Newsletter, Volume 4, Issue 15, Summer 2001.*



*Aunt Elinor and Aunt Beulah as teenagers. What! No cell phones!?*



*A VERY old picture of Grandpa Gardner and some of his school classmates. Grandpa Gardner is the last fellow on the right of the top row.*



*"The Gardner Newsletter thanks Cousin Rod Ames for sending the old photos featured in this issue. He scanned and uploaded them to the Gardner Newsletter's Facebook page. See these pictures and many more by logging onto your own Facebook page and then search for 'Gardner Newsletter.'"*

**See you in  
2012!**

(Continued from page 1)

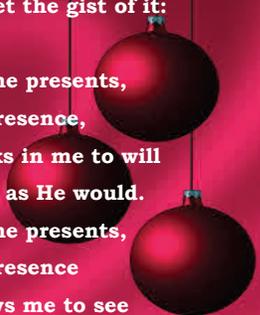
person is enjoying the same kind of thing you enjoy. There's a blessed camaraderie that comes from just "being" together.

In this season of Christmas the gift of presence is perhaps more overlooked than any other gift. We rush from here to there trying to accomplish the many tasks we feel necessary to the season: dinners, parties, gift-giving, skiing (not for me, but lots of you do it!), sledding, snowmobiling, preparing luscious feasts, etc., etc., etc. But we often forget that the greatest gift or activity we can give each other is the simple act of being present with that other person, of listening to them, of responding genuinely to them, of sharing moments of laughter, joy, love, friendship, even pain and sorrow. There have been times in my life when I have been so busy with the preparations for an event that I missed significant moments with the people with whom I was "preparing."

Perhaps God was tired of us not being present to Him. But I'm sure it was much more than our lack of attention to Him that caused Him to send His Son, Jesus, at just the right moment in history, to live as a human being. John says, in John 1:14: "The Word (Jesus) became flesh and made his dwelling among us." He experienced, in the same ways we do, pain, joy, grief, suffering, compassion, love, and all the temptations each of us goes through in the course of our lives. He was present with us in the ways we experience life . . . and death.

Several years ago I was caught up in the joys and frustrations of finding just the right gifts for family members for Christmas. To some extent, I had become consumed with "consumption," as I have come to call it—the

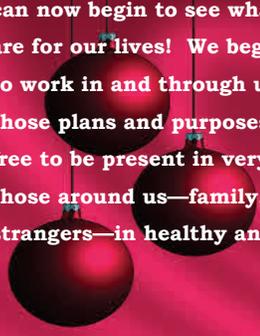
materialism of our western culture. Much like the disease (tuberculosis, a progressive wasting away of the body), consumption (of anything) can rob us of the joy of living in the present moment. Whether we are alone with nature or in a crowded place with lots of people, when we are consumed with anything, we usually miss the potential joys around us. I was in such a place when I was looking for "just the right gift." And then, it hit me: the presents are not nearly as important as His presence with us in this season, and our being present to each other. What came next was a little chorus, whose words need to be seen in order to get the gist of it:



It's not the presents,  
but His presence,  
as it works in me to will  
and to do as He would.  
It's not the presents,  
but His presence  
that allows me to see  
how His work is conceived

in you.

His presence binds us  
through and through.



Philippians 2:13, one of my favorite verses, says it this way: "for it is God who works in you to will and to act in order to fulfill his good purpose." When we allow God the Father, through the incarnation and powerful resurrection of Jesus Christ, His Son, in the present Holy Spirit to permeate our lives with holy presence, our lives are transformed! We can now begin to see what God's purposes are for our lives! We begin to allow Him to work in and through us to bring about those plans and purposes! And we are free to be present in very real ways with those around us—family, friends, even strangers—in healthy and healing ways.

This Christmas season will be full of the distractions of the season, most of them good, fun things that we enjoy. But I challenge you to begin to be fully present to God and to those around you in the middle of your busy-ness and preparations, seeing their faces, hearing their words, absorbing the joy of their presence. You will begin to see things in a new way . . . in God's way . . . and to glean the harvest of awareness—a changed perspective, more connectedness to your world, and a sense that you're right where God wants you to be in this moment.

As I think of all the aunts and uncles, cousins and second-cousins, and all those nearly-

related in the Gardner clan, my mind is boggled with the multiple intersections of our lives. I see a web that is almost convoluted with the craziness of our many differing paths in life. But God sees our interconnectedness, and wills for us a unity that comes from His presence in our lives. In the giving of presence to those around us, God's presence is made manifest in and through us. May your Christmas be filled with the joy of knowing first His presence, then reveling in the presence of the loved ones He places in your path. Merry Christmas Presence!