

Judy A. Spitzer writes: "I am a child survivor of the Holocaust from Budapest, Hungary. My parents had a lot of foresight when they sent me to a nursery school where, at three years of age, I started learning English, followed by private lessons in that language. I was 18 years old when I arrived to Philadelphia. About eight weeks later, I took my entrance exam at Temple Univ., passed it and started college. During this time my future husband (to whom I was engaged before I left Hungary) was finishing Medical School in Munich, Germany. His first job happened to be as an Instructor in Physiology at Dalhousie Medical School in Halifax, Nova Scotia, where we got married and lived for a year.

"So I spent my junior year in college at Dalhousie Univ.. Subsequently we moved around bit, until we ended up in Philadelphia at Hahnemann Medical College (now part of Drexel Univ.). I got my PhD there in Immunology.

"In 1973 my husband got an offer from the Louisiana State Univ. (LSU) School of Medicine in New Orleans that we could not refuse. We moved to New Orleans and spent 32 happy years there until Katrina hit in August 2005. During this period I was appointed Professor of Physiology and Medicine. My grant support from the NIH (National Institutes of Health) and the Office of Naval Research (ONR) sponsored my research activities and ended on the day of my retirement. In addition to my teaching, research and committee activities at LSU, I also participated in national NIH and ONR activities. I was a member of the NIH Surgery, Anesthesiology and Trauma (SAT) Study Section (the first woman in this position, but that's another story...). I went on several site visits with my colleagues, a couple times even chairing the site visit. My activities in the American Physiological Society extended to being a member, and finally chairperson of the Education Committee. In this

capacity, I suggested inclusion of lectures in the Medical Physiology course on the Physiology of Aging. While we were at LSU, I used to lecture on this topic to both Medical and Dental students.

"We evacuated from New Orleans two days before Katrina hit, as the Mayor of New Orleans strongly urged everybody to do. In fact, our house had eight feet of dirty water in it for two weeks, and we moved back to Philadelphia, where our two children and their families lived. With the loving support of our family, we built a new life for ourselves.

"Since my retirement over 10 years ago, the spectrum of my activities has changed quite a bit. My husband (also retired as Head of the Department of Physiology and Director of the Alcohol Research Center) and I enjoy traveling, spending more time with our family with friends. Another thing that I enjoy very much is not having to get up early in order to give 8:00 lectures. I have always been a late evening person. When I used to write grant applications, my most productive time was in the late evening.

"For a while I had been editor of our community's monthly newsletter. This afforded me the opportunity to meet some very interesting people and to interview them. An additional task that I perform each year is addressing high school students about my experiences as a child survivor of the Nazi Holocaust.

"Since you asked me for any words of wisdom to pass on to my younger colleagues, it would be this: think of the pleasant things that happened during your career, e.g., when a student of yours achieved a special distinction with your help, or when your grant support was renewed, and if there had been any not so great events, forget about them..."



Dr. Judy A. Spitzer



Drs. John and Judy Spitzer in 1972. They had returned from a lecture tour of Japan; the poster announces one of their lectures. .