

Let It Go

When we asked readers to share how they stayed sane on the wards, most sent photos from outside their academic medical centers. And several were from mid-air.

Leaps of faith

DANIEL RHEE, a first-year at the Medical School for International Health in Israel, wrote in to describe his classmates' coping mechanisms: weekend exploration. "The adjustment to life and school out here is difficult for everyone," he says. "I just returned from a weekend with my classmates at the Sea of Galilee; it's a beautiful place for hiking, and our trail ended in a rather picturesque diving hole." The jumpers, from left to right, are med students Thomas Betjeman, Rachel Pope, Daniel Rhee, Jeremiah Groen and Shelly Theobald. Laurel Friend is seated at the lower left of the frame. The picture was taken by second-year Frayda Kresch.





Another jump for joy

ROB OBARA escaped winter's chill last December in Australia. "Living life," he says, "is what keeps me going!"



Double duty

Inspired?

Let us know how you keep it together under mid-year stress. E-mail tnp@amsa.org.

Medicare gets its money's worth when DR. TOM SAWYER, an internal medicine intern in Phoenix, spends his spare time cleaning the floors.