## To whom it may concern,

I was born August 25, 1968 in Chicago, IL at St. Luke's-Presbyterian Hospital, which was across the street from where my father was doing his residency in internal medicine at Cook County Hospital. I was a breech baby, meaning my feet came out first. I guess I wanted to hit the ground running, and feet first seemed the way to go. My father finished his residency in Chicago, and he then joined the Air Force. We were stationed at Warner Robbins AFB outside Atlanta, and after two years, Dad decided we would stay in the South. He was recruited to the Shoals area by Dr. Winston Williams and Dr. Archie Carmichael in 1974.

I attended elementary school at C.M. Brewster in The Village in Sheffield, then L.E. Wilson Middle School, and finally Sheffield High School. I graduated from Sheffield in 1986 having lettered in band and track and finishing in the top 5 in my class. I also wrestled for 2 years, but I could not stand the starvation diets used then! My favorite teacher was Jerry Mills, who taught world history. He remains a close friend and ally, and also beats me into submission at the gym three days a week for the last 13 years.

I accepted a Lilly Foundation scholarship from Wabash College in Crawfordsville, IN after matriculating from Sheffield. I received an Artium Baccalaurei degree in biology with minors in Latin and chemistry in 1990.

From there I attended the University of Alabama School of Medicine until 1994 and then did an internship and residency at the University of Alabama Hospitals in Birmingham. I finished in 1997 and soon became board certified in internal medicine. I joined Avalon Medical Center in 1997 and have practiced there ever since.

I am since become a Fellow of the American College of Physicians. I serve on the board for North Alabama Medical Center (Shoals/ECM Hospital). I am the head of physician credentialing at Shoals Hospital and also serve as the medical staff vice president. I have spoken and continue to speak for numerous pharmaceutical companies and also do medical talks for pharmacists, nurse practitioners, and medical students. I am an Assistant Clinical Professor for the Kentucky College for Osteopathic Medicine and the College of Osteopathic Medicine at William Carey University. I have also been a board member for the Medical Association of the State of Alabama (MASA).

In 2006 I married the former Emily Caroline Flannagin, and together we have two sons, Will who is 5 and Gray who is seven. I attend the First United Methodist Church of Sheffield and enjoy my mother's piano playing there.

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