

Still

MAGAZINE

Talent

ATSU students embrace
artistic and unique
pursuits outside
the classroom





Jahzeel Paguntalan

Violin

Jahzeel Paguntalan, a first-year physician assistant student at ATSU-CHC, formed an interest in learning to play violin through a unique source: video games. Many of the video games he played as a kid used violin instrumentation. He began taking lessons at 12 years old, and although he felt he was “late to the game,” his background in playing piano eased his learning curve.

The music he learned to play initially revolved around a classical repertoire. As an undergraduate student, he joined a collegiate orchestra and started playing other kinds of music, including soundtracks from video games, which he found enjoyable and nostalgic.

In 2018, Paguntalan began teaching violin to some friends, coworkers, and their children. He then joined a music studio to expand his class, which accentuated his interest in sharing his passion with others.

“It makes me feel grounded in my own capabilities as a human being, despite having worries or troubles that may make me think otherwise,” Paguntalan says. “Even though music and healthcare are two unrelated subjects, the violin helps keep me adhered to my ‘why’ of my pursuit of becoming a healthcare provider.”

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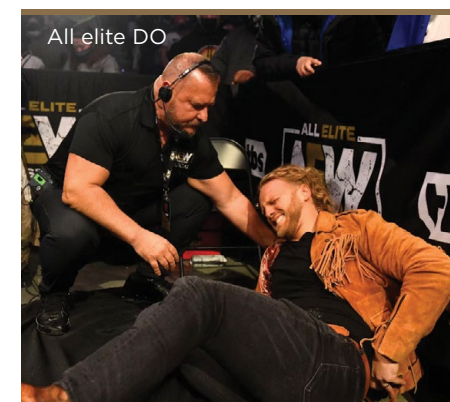
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Top left, clockwise: Students at the Central Coast Physician Assistant program opening, ATSU-ASDOH Give Kids A Smile event, and Occupational Therapy White Coat Ceremony.

Amazing students, amazing alumni

In this issue of *Still Magazine*, we celebrate our students and their amazing talents and skills. ATSU students are undeniably brilliant, capable people with unique backgrounds and abilities. In addition to progressing through rigorous academic programs, these multifaceted individuals are making time outside of their studies to engage in a wide range of interests and activities.

In this issue, you will also find artistic highlights of our amazing alumni and two board members, G. Scott Drew, DO, FAOCD, '87, and C. Lisette Dottavio, PhD, CPA.

With the challenges and obstacles of the past two years, we have seen the importance of taking time to enjoy pursuits outside of our professional careers, particularly those of an artistic nature. Whether it's painting,

dancing, playing an instrument, or cooking a family meal, the arts in any form allow us to find joy and meaning in our lives.

I would like to thank the University's many donors and friends, including the President's Circle members listed on the following page, who help ATSU continue to educate its students and support its programs. Your generosity and enthusiasm have positioned the University to successfully address challenges and fulfill its mission, even in difficult and uncertain circumstances.

Yours in service,

Craig M. Phelps, DO, '84, president



Dr. Phelps speaks at the Central Coast Physician Assistant program opening.

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Chuck Monteith

Athletic training and ice cream



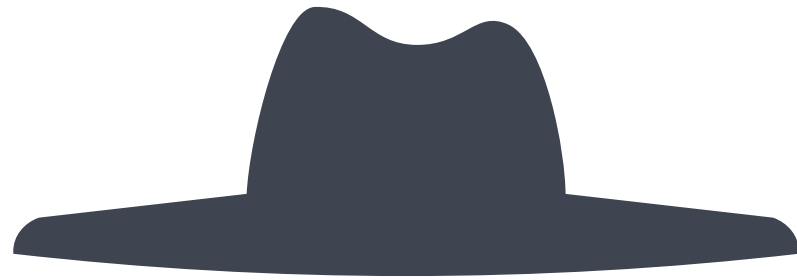
Chuck Monteith is an associate athletic trainer at Colgate University and a student in the Doctor of Athletic Training (DAT) program at ATSU-ASHS. He has been with Colgate University for 16 years, currently working with the men's lacrosse team and all concussed varsity athletes as the concussion recovery manager.

"I started in ATSU-ASHS' Sport Neurology and Concussion certificate program to improve the management and care of our concussed student athletes," Monteith says. "As I progressed through the certificate program, I enjoyed what I was learning and realized continuing through the DAT program would improve me as a clinician and positively affect the student athletes."

Outside of his work at Colgate University, Monteith is an ice cream maker and owner of Chuckles Creamery. He grew up making ice cream with various rock salt machines, but his business took off in 2010 when he received an automated machine as a gift. Now with two cold compressor units, he typically makes a few batches each week and even more around holiday seasons.

"I enjoy trying out different recipes and techniques," Monteith says. "I am a big believer of mix-ins. You cannot have too much!"

SAVE THE DATE



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ATSU cuts ribbon on Dan Martin Court

Dan Martin Court was dedicated Friday, Oct. 8, during Still-A-Bration on the Kirkville, Missouri, campus. The court's namesake, Dan Martin, MA, has served as the Thompson Campus Center director of ATSU's wellness programs since the facility opened in 1982. He has been instrumental in implementing a wide-range of health and fitness regimens and has provided direction for all operations and programming on the Kirkville and Mesa, Arizona, campuses.

ATSU University Advancement and President Craig M. Phelps, DO, '84, led a campaign to update the facility and install a new hardwood floor, which received more than 200 gifts from 182 donors and totaled \$321,878.63. A donor plaque, recognizing those who gave \$1,000 or more, is now on permanent display at the court's entrance.

Martin expressed gratitude to his family, including his wife, Becky, and daughter, Abby, and the entire University community, past and present, recalling the hardwood floor had long been a vision for "tomorrow."

"Tomorrow is today, and that is fantastic," he said. "I thank ATSU-KCOM for hiring me and ATSU for the tremendous opportunity that I've been given to be part of this school you all went to that I love so dearly. I'm grateful for the students, the employees, the administration, and the very, very meaningful, collegial friendships I've developed."

Also, Martin was honored by the city of Kirkville, with Mayor Zac Burden issuing a proclamation naming Oct. 8, 2021, as "Dan Martin Health and Fitness Day."



Top: Dan Martin, center-left, cuts the ribbon on the newly dedicated Dan Martin Court.

Middle: Dan Martin and his daughter, Abby, celebrate the dedication event.

Dan Martin Court

Dan Martin, MA, has served as the Thompson Campus Center (TCC) director and of ATSU's wellness programs since the facility opened in 1982. His passion for achieving emotional and physical fitness not only promotes ATSU's mission of providing whole person and community healthcare, it has inspired thousands of students, faculty, staff, and community members to embrace healthy lifestyle choices.

Dan's leadership has developed the TCC into an important learning and recreation center where users are immersed in an environment designed to teach and maximize their potential in body, mind, and spirit.

Silver
Dr. Scott, '04, and Mrs. Reisha Grupas
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The donor plaque highlights Dan Martin's leadership and those donors who gave \$1,000 or more to the campaign.

Museum of Osteopathic Medicine

The Museum of Osteopathic Medicine is a jewel in the crown of ATSU and of the osteopathic medical profession. Established in 1934, the museum rotates a series of exhibits focused on the history of osteopathic medicine and the life of Andrew Taylor Still, DO. Exhibits educate visitors of differing interest levels. From the casual visitor to the serious student of medical history, museum guests encounter topics from the early frontier life and experience of osteopathy's founder to the formative years and subsequent development of the osteopathic medical profession and its first school.

Journey to accreditation

The Museum of Osteopathic Medicine is seeking accreditation from the American Alliance of Museums (AAM), which develops standards and best practices, gathers and shares knowledge, and provides advocacy to the entire museum community. Recognized as the field's gold standard for museum excellence for nearly 50 years, AAM accreditation will elevate the Museum of Osteopathic Medicine's profile by providing national recognition of

the museum's commitment to excellence and the highest professional standards of museum operation, public service, and continued institutional improvement.

The museum held its AAM peer review in March, which was followed by a report submitted to the AAM Accreditation Board. The museum is currently awaiting the board's determination and notification of the 10-year accreditation honor.

Philanthropic giving

Gifts from generous donors help ensure the Museum of Osteopathic Medicine has resources to fulfill its mission and achieve enduring permanence. Private giving enables the museum to support its staff, preserve and expand its collections, and share osteopathy's story with the world. The Museum of Osteopathic Medicine offers numerous possibilities for philanthropic support. The museum honors the generosity of a gift made in support of its purpose through naming recognition, including named positions, collections, programs, spaces, and places.

presents and preserves history

GIVING OPPORTUNITIES

Endowed positions

Endowed chairs and professorships at ATSU create opportunities for donors to support University operations. Similarly, endowed museum positions, including endowed director, provide a revenue stream to support museum operations.

Collections and programs

Named endowments supporting museum collections generate resources for acquisitions and preservation of osteopathic history. In addition, endowments fund the museum's educational activities, including educational tours, lectures, and traveling exhibits of museum artifacts.

A named collection, program, or operational fund is fully endowed with a gift of \$25,000 or more. An endowed position, museum collection endowment, or museum program endowment may be named in perpetuity.

Places and spaces

The Museum of Osteopathic Medicine and International Center for Osteopathic History are available for naming and offer the most prestigious level of recognition to the donor. Additionally, numerous possibilities are available for naming within the museum and center. These places and spaces include halls, galleries, rooms, installation spaces, exhibits, and more.



To support the Museum of Osteopathic Medicine's efforts in presenting and preserving osteopathic history, please contact Brad Chambers, director of development, at bradchambers@atsu.edu or 660.626.2494 to discuss giving and naming opportunities.





Five years running

ATSU received the 2021 Health Professions Higher Education Excellence in Diversity (HEED) Award from *INSIGHT Into Diversity* magazine, the oldest and largest diversity-focused publication in higher education. ATSU was the first comprehensive health professions university to be named a HEED Award recipient in consecutive years (2018) and has now extended its achievement to a fifth consecutive year.

“The HEED Award application has become our diversity ‘North Star,’” said Clinton Normore, MBA, vice president of ATSU diversity & inclusion. “The metrics incorporated into the application are essentially a framework for our diversity scorecard. ATSU is so proud of its efforts to excel in each category. Though there is much work to do, we are extremely appreciative of the recognition and affirmation this award provides.”

“ATSU is grateful for receiving the 2021 HEED recognition,” said ATSU President Craig Phelps, DO, ’84, “acknowledging the efforts and commitment of trustees, students, faculty, and staff to diverse and inclusive healthcare and health professions education.”



Top Colleges for Diversity
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FEATURES



Tulley Shofner
Painting

Tulley Shofner, a first-year medical student at ATSU-KCOM, has a true appreciation for the artistic side of medicine. Growing up in a creative household with her father being a woodworker, she always loved the arts and working with her hands. She particularly enjoys painting and ceramics.

In addition, Shofner enjoys music and is a classically trained singer. As she pursues her osteopathic medical degree, she continues to embrace the arts for fun and relaxation.

“I think art has a neat correlation to medicine,” Shofner says. “It relates to so much of what we are learning, especially with anatomy, osteopathic manipulative medicine, and other disciplines of medicine.”

Learn more about Shofner and her selection as the first recipient of the Steinbaum-Levine Endowed Scholarship on Page 30.

IN THIS SECTION

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- Securing enrollment
- Ringside doctoring
- Voices

ATSU students embrace artistic pursuits outside the classroom

ATSU students are incredible people. They are talented not only in the classroom but also outside the classroom. These versatile future healthcare professionals have skills and interests extending beyond their fields of study. Among those varied and diverse talents are artistic talents – visual, literary, performing, culinary, and more.

With too many healthcare professionals experiencing stress and burnout, it has become increasingly important to find joy and use personal skills and abilities to engage in creative activities. According to ATSU Vice President for Student Affairs Lori Haxton, MA, creative extracurricular activities help students connect with others and develop life skills.

“Pursuing hobbies outside of coursework provides balance,” Haxton says. “These outlets allow students to take a break from studying and engage in something they enjoy. It helps them as students, and it helps them in practice.”

On the following pages and throughout this issue, *Still Magazine* highlights a few of the many ATSU students who embrace their artistic and unique talents to express themselves and build resiliency.

Reagan Adair Ballet

Adair enrolled in her first ballet class when she was 3 years old. Little did she know it would become a lifelong passion. Now a first-year medical student at ATSU-KCOM, she continues to take classes and help with the company and studios in her hometown as time allows.

“I still remember the day it all shifted,” she says. “I went to see ‘The Nutcracker’ with my Girl Scout troop, and after being in awe of the dancers, I told my mom I was going to audition for the ballet company.”

Her mom was very surprised but supportive, since Adair had been focused more on sports in previous years. A few months later, Adair walked into Capital Ballet Theatre’s doors on the morning of the audition. From that moment forward, dance became a huge part of her identity.

“Dancing taught me hard work, attention to detail, perseverance, and a longing for continued self-improvement,” Adair says. “While ballet and pointe are my foundations, I really enjoy lyrical dancing. I have more freedom and enjoy putting more emotions into movements, rather than focusing on traditional lines and positions.”

Talent and versatility

By Katie Hubbard



Growing up in Ghana and Italy and immigrating to the U.S., Akaba has always used art as a means to understand the world and express himself. He was often at a loss for words as he adjusted to different environments, but art helped him find similarities in the world and in people.

"If I could see it, if I could draw it, then I could understand it and connect to it," Akaba says. "Even without a common language, everyone has something to say."

Now a first-year ATSU-SOMA student, he still incorporates art into his everyday life. Prior to medical school, Akaba worked as an elementary and middle school teacher for a Science, Technology, Engineering, Art, and Math (STEAM) after-school program for underserved, phenomenal youths in Philadelphia. In this program, he exposed students to the possibility of careers in medicine, law, journalism, engineering, and politics while introducing them to various methods of healing, including meditation, journaling, yoga, fitness, and art.

"Not only do I want my students to see the endless possibilities their future holds," he says, "but I also want them to understand what it means to be whole and achieve balance of the mind and body in life."

Quincy Akaba
Visual arts

HaEun Park

Cello



Park started playing cello at age 5. Her mother encouraged her and her siblings to play an instrument. Since her two older brothers already played the piano and violin, her mother suggested she play the cello.

"I was already learning to play piano, so she introduced me to another string instrument," Park says. "One advantage of the cello is it can be played as a bass or melody."

At age 14, she decided to study abroad in the U.S. She knew flying internationally with a cello would be a constraint because she could only take one other checked bag - and fewer Korean snacks. Nevertheless, she brought her cello.

"I knew I would be living in a new environment with a new language," she says. "I had to take my cello with me."

Throughout her youth, she took weekly lessons and played in orchestras, weddings, and church services. Now a first-year dental student at ATSU-MOSDOH, she enjoys playing on her own in her free time.

"I love the sound of the cello, more than any other instrument," Park says. "Playing and listening to the cello helps me relax and enjoy the moment."



Holden is a second-year physician assistant (PA) student at ATSU-ASHS. A self-taught quilter and seamstress, she knew PA school would be difficult, so she set aside a king size quilt to make during the program, thinking it would take her at least two years.

"I guess I sew fast because I've made everything I set aside," Holden says. "I gave the king size quilt to my husband as a late anniversary gift and to let him know I'm still thinking of him even though my head is in a book."

She continues to sew projects to keep herself grounded through the stress and many hours of study. She has quilted mug rugs for her study buddies and smaller quilts for family members going through hard times during the pandemic.

She has also made masks for healthcare workers.

"I know if I'm having a hard time sewing a straight line, I need to relax," Holden says.

"Sewing is one thing that helps center my inner thoughts."

Mrea Holden
Quilting

Faison Jackson, MPH, '18

Cooking

Cooking is one of Jackson's favorite pastimes. It brings him back to his mother's kitchen where he learned to cook at age 12. He started off cracking eggs into bowls and worked his way up to chopping ingredients. Then, when his mother felt he was ready, he added ingredients to the pan and watched over the food, cooking each dish with love and care.

Time spent with his mother in the kitchen was filled with encouragement and support. They talked and laughed, and she taught him how cooking could be a stress reliever. However, at such a young age, he didn't understand what that meant.

"Now as a young adult in physician assistant school, I use my cooking skills after a stressful day of studying to unwind," says Jackson, a first-year student at ATSU-CHC.

Jackson's grandmother - his best friend and the "dessert queen" - also helped him develop his cooking skills. He remembers sitting on a bar stool in her kitchen, watching her prepare food for family gatherings.

"Desserts take time and care," he says. "She taught me if I want to be a future healthcare provider, I have to take time with my patients and show them I care."



A portrait of Isaac Coronel, a young man with dark hair and glasses, wearing a blue dress shirt and a patterned tie. He is holding a viola and looking directly at the camera. The background is a bright, out-of-focus window.

Isaac Coronel

Viola, writing

Outside of dental school, Coronel spends much of his time immersed in music, theater, and writing. Music has been his main passion since fourth grade, when he started playing the viola. His theater and writing journey, though, didn't begin until college, where he was challenged to express himself in dramatization and learn literary techniques to benefit his writing skills.

A third-year ATSU-MOSDOH student, Coronel has performed with local theater groups and community orchestras, including performing and writing a piece for the Kirksville Community String Orchestra. While he likes performing in front of an audience, he most enjoys composing choral and instrumental music while at home sitting next to his piano.

He has written a collection of 40 short stories, which are fantasy based with an Aesop's Fables style of writing. During a struggle with burnout, he was inspired to write a 30-poem collection on the importance of art. He is currently writing one more collection of short stories and a five-novel series.

"The stresses of dental school, as well as being the class president, can be overwhelming," he says. "The arts allow me to find meaning in stress and even happiness that comes with a difficult career."

A portrait of Savannah Rose, a young woman with long brown hair, wearing a white lab coat over a black top. She is holding a Canon EOS 75 camera and smiling at the camera. The background is a bright, out-of-focus window.

Savannah Rose

Photography

A second-year dental student at ATSU-ASDOH, Rose grew up with a dentist and a professional photographer, so it was only natural for her to follow in both their footsteps. She began taking photography more seriously within the last six years, and her passion for it has helped her find a creative outlet for stress reduction.

Rose believes it is vital for students going through intense academic programs to find something that brings them joy, stimulates the mind, and helps keep them healthy. Combined with her love of hiking, photography has kept her active and led her to discover amazing places in Arizona and throughout the Pacific Northwest.

"I strive to get out at least every Saturday or Sunday and go explore," she says. "Ideally, I try to find places to shoot that are inaccessible by car."



Nasheen Nizamuddin

Henna design

Hand skills are important for dental students. Much of their work relies on their dexterity to carry out precise movements. Nizamuddin, a second-year dental student at ATSU-MOSDOH, uses her henna design ability to help develop her fine motor skills.

Nizamuddin started making henna designs as a hobby when she was 16. She mostly practiced on paper with free-to-use designs while she adjusted to holding the henna cones. Eventually, she started doing freehanded designs and practicing on herself, and after building her confidence, she started making designs for family and friends.

The designs are quite intricate. While they have many variations, certain shapes and elements are used frequently, including flowers, leaves, peacocks, and swans. The designs may be applied anywhere on the body, but certain locations, like the palm of the hand, have more significance.

"Henna requires a lot of attention to detail, as there are many minute features that need to be included in a high-quality piece," Nizamuddin says. "Because of this, I think henna serves as a great way to refine motor skills, especially when it comes to positioning your handpiece and moving in small increments."

Judia Yael Malachi, PhD

Crafting



Dr. Malachi loves making things with her hands. The first-year physician assistant (PA) student enjoys crafting a variety of pieces and products, including shadow boxes, hair care products, body butters, and T-shirts and other accessories with uplifting sayings.

"There is power and healing in our hands," she says. "Our hands allow us to create and say so much, without saying a word."

One of the first pieces Dr. Malachi made was in fall 1997 as an undergraduate student. Her sorority was hosting an informal information session, and she was asked to bring one thing representing her. Being torn about "one thing," she used magazine clippings and images to create a visual description of who she was and what she saw for her future.

Now as a PA student at ATSU-CHC, she continues crafting because it brings her happiness and healing.

"Working with my hands and creating brings me joy, and this joy is increased when I am creating something for someone else," Dr. Malachi says. "When I am creating a piece or a product, my mind is clear, I am still and at peace, and I feel God's power and love working through me."



Kari Nhi Pham

Crocheting

Coming from a creative family, Pham has always been interested in the arts. As a child, her mother encouraged creativity and taught her craft skills. When the pandemic hit, Pham began crocheting and started making various projects, including amigurumi, which are small plush toys.

"I do my best to live a sustainable life, and because of that, 100% of my yarn is either cotton or recycled materials," says Pham, a first-year physician assistant (PA) student at ATSU-CHC. "I also enjoy making coasters and granny squares to hopefully complete a granny square blanket one day."

Although PA school keeps Pham busy, she still tries to find time to crochet. During her first break from school, she says she went on a "crochet binge" and finished about 20 projects, which she later gave as gifts to family, friends, and classmates.

"I find it is a great distraction away from medicine and allows me to be in my own world of yarn," Pham says. "The end result is always something so delightful, and I love creating cute things and making others happy with my talents."

Delia, a first-year medical student at ATSU-KCOM, is a self-taught guitarist, pianist, and vocalist. He received his first guitar in first grade as an early Christmas present from his parents so he could participate in his class talent show. In sixth grade, he started playing piano, writing music, and singing.

By high school, Delia performed in small coffee shops as a single act to amphitheaters as an opening act for larger bands. He placed first twice in the University of Missouri Creating Original Music Project, a statewide original songwriting competition.

"While living in New York City, I was able to perform and write music with incredibly talented and diverse musicians," he says. "I remember walking home from class during the evening and joining in with subway jazz bands, street-corner country duos, and singer/songwriter stage performers, all of which have allowed me to better understand others' experiences."

Though he enjoys performing, he is most passionate about composing and producing music.

"What started off as a hobby developed into a bridge to others' feelings," Delia says. "I've always written and listened to music with the notion it is a universal language capable of transcending just about any boundary."



Anthony Delia
Singing, songwriting

Laquisha Malone

Singing

Since Malone was old enough to walk, she has been singing. The first-year medical student at ATSU-SOMA learned to sing from her paternal grandmother, Earline Malone, who taught her and her cousins songs for church. As she grew up, her love of singing led her to sing in church as a soloist and in a gospel choir.

"I also sang in concert-style choir and as a soloist in school," Malone says. "I was soprano section leader my senior year of high school."

With an affinity for gospel music, Malone has sung at funerals, memorials, and community events. Upon entering medical school, she sang "God Bless America" at the School's 2021 White Coat Ceremony in Mesa, Arizona.

"Singing serves me as a form of expression, stress relief, and worship," she says. "It also allows me to encourage and uplift others with my gift." ■



We want to hear from you!

The ATSU community is full of people with creative and unique talents and skills. If you have a talent or hobby you would like to share with us, please email stillmagazine@atsu.edu and tell us more.

COLLEGE FOR HEALTHY COMMUNITIES

A West Coast story

By Jason Hunsicker

From its roots in Kirksville and the farmland of northeast Missouri, to Mesa, Arizona, and the footsteps of the nearby Superstition Mountains, to St. Louis and the iconic Gateway Arch, ATSU's story of meeting underserved communities' needs is writing its next chapter in the strawberry fields of the California coast.

ATSU, local officials, and guests welcomed the Central Coast Physician Assistant (CCPA) program's inaugural class of nearly 100 students on Sept. 27, 2021, in Santa Maria, California. Then on Jan. 10, 2022, the Institutional Actions Council of the Higher Learning Commission approved the University's request to establish its newest campus, ATSU's College for Healthy Communities (ATSU-CHC), in Santa Maria.

"This is the next step in a strategic plan reflecting the national appeal of our programs and our influence," says O.T. Wendel, PhD, senior vice president for university planning and strategic initiatives and interim ATSU-CHC dean. "This application's success was a team effort."

Establishment of a new college and campus is key in receiving approval for access to Title IV funds from the U.S. Department of Education. Those funds provide students access to financial aid through various federal programs.

The campus' home is a 27,000-square-foot, state-of-the-art facility, which includes a large learning theater, clinical simulation rooms, library space, student break room, and faculty and staff workspaces. Administrative offices for Community Health Centers of the Central Coast Inc., an instrumental partner in developing the CCPA program, are located in the facility as well.

CCPA will educate culturally humble, diverse physician assistants to serve the primary care

needs of medically underserved communities. The 24-month, entry-level program seeks applications from first-generation college students, historically underrepresented groups, and economically disadvantaged students. The first cohort includes 14 students from ATSU's Hometown Scholars program, and students speak nine different primary languages.

"We make diversity a priority. It is among the driving factors in the admissions process," Dr. Wendel says. "We've tried to eliminate barriers that are commonly faced in other programs. That approach yielded a culturally diverse class."

Students have been overwhelmingly impressed by the program. John Butler, a first-year student, is pursuing a second career as a physician assistant after more than two decades in the entertainment industry. At first, the 47-year-old student wasn't sure what to make of things like "flipped learning," but quickly saw the benefits.

"You put five people in a pod, and we teach each other," he says. "Being 47 years old, I'm new to that. I'm like, 'Where's the lecture? Where's the PowerPoint?' But all day long, we go through cases and have a chance to workshop and argue passionately and kindly to each other about what certain things are, and our professors are there for us to guide us through it."

"I've been really impressed by the program so far. It has surpassed my expectations."

The program is already making a difference. More than a third of the class, as well as faculty and staff, volunteered at Community Health Centers of the Central Coast's Day of the Farm Worker event in December 2021, which provided medical screenings, vaccinations, healthcare education and resources,

"College for Healthy Communities, ATSU's seventh college/school, will continue advancing our mission and provide greater student, personnel, programmatic, and geographic diversity. We have been welcomed with open arms by the Central Coast community and are humbled by the engagement and support received."

– ATSU President Craig M. Phelps, DO, '84



The CCPA program welcomes its inaugural class to Santa Maria, California.

and more to the community's underserved farm workers. The added assistance from ATSU helped the event serve nearly 70% more people than the previous year.

CCPA students will spend their first 12 months in Santa Maria, engaging in facilitated learning with case studies, interactive learning, projects, and preclinical community experiences. For their final 12 months, ATSU has collaborated with the National Association of Community Health Centers to integrate student clinical experiences in 20 community health centers.

ATSU-CHC is closely aligned with the mission of the nation's community health centers, and possible future programs on the campus would be developed to meet workforce needs of those vital healthcare providers. Both the name "Healthy Communities" and acronym "CHC" were selected with intention.

"The name relates to the mission and relationship ATSU has with community health centers," Dr. Wendel says. "Their mission is to increase the health of the

communities in which they are located. This college's purpose revolves around the workforce needs of community health centers nationwide. We wanted to reflect their mission in our name." ■

Accreditation update

On July 15, 2021, the Accreditation Review Commission for Physician Assistant Education (ARC-PA) granted Accreditation-Provisional status to the CCPA program sponsored by ATSU. Accreditation-Provisional is an accreditation status granted when the plans and resource allocation, if fully implemented as planned, of a proposed program, that has not yet enrolled students, appear to demonstrate the program's ability to meet the ARC-PA Standards or when a program holding Accreditation-Provisional status appears to demonstrate continued progress in complying with the Standards as it prepares for the graduation of the first class (cohort) of students.

Accreditation-Provisional does not ensure any subsequent accreditation status. It is limited to no more than five years from matriculation of the first class. The program's accreditation history may be viewed on the ARC-PA website.

An osteopathic legacy of giving

The Steinbaum-Levine family's latest gift provides medical student scholarship support

By Katie Hubbard

When David S. Steinbaum, DO, graduated from ATSU-KCOM in 1930, little did he know he would become the first in a long line of family members dedicated to the osteopathic profession. It was the Depression era, and he had returned to Bayonne, New Jersey, to be near his family. He set up his practice in his home, which was common for physicians at the time, and he treated many relatives, including delivering several nieces and nephews.

Over time, Dr. David Steinbaum's home and practice grew to include his son-in-law, Howard M. Levine, DO, '54, who practiced with him for 35 years, and then his son, Fred Steinbaum, DO, '68, and grandsons, Steven M. Levine, DO, '78, and Martin S. Levine, DO, '80. As the patriarch was always accessible to his immediate and extended family members, his influence of compassionate patient care and service to the profession left a lasting impression on the younger generations.

"My father really loved the College and advocated for the profession," says Dr. Fred Steinbaum. "He worked actively for ATSU-KCOM, and every year, he visited all the colleges in New Jersey to meet with advisors and talk about osteopathic medicine as a possible avenue for their graduates."

The Steinbaum-Levine family has continued its legacy of service and philanthropy with local, state, and national osteopathic organizations and osteopathic schools, including ATSU-KCOM, which has graduated 13 of the family's 22 doctors of osteopathic medicine (DOs).

"Not only is the Steinbaum-Levine family generous financially, but they are also generous with their time and engagement in the osteopathic profession," says Lori Haxton, MA, vice president, student affairs, ATSU. "They have been loyal to the College through the generations."

The family members strive to support ATSU-KCOM and its students in perpetuity. Believing scholarship support is the current area of greatest need and reward, they recently re-established the Steinbaum-Levine Endowed Scholarship. Currently, this endowment produces a \$10,000 scholarship awarded annually to an accepted first-year student who demonstrates strong academic achievement, motivation for the study of osteopathic medicine, and financial need.

The purpose of this endowed scholarship is to help address the financial pressure students face in today's medical school environment. First-year tuition costs are at all-time highs, according to the American Association of

Colleges of Osteopathic Medicine, with the average annual cost over \$50,000 for public and private osteopathic schools. This increased student loan debt, combined with decreasing physician reimbursement rates and time commitment to complete their education, weighs heavily on students who are contemplating school and specialty options.

In recent years, some medical schools have responded to these challenges by offering reduced and even free tuition. The goal of tuition-free education, which is often funded by donors through endowments, allows students to pursue the specialty of their choice, rather than feeling pressured to choose high-paying specialties. As more medical schools have announced plans to offset tuition costs, competition for students has increased.

"With ATSU-KCOM being a private institution, we have to compete with state universities for our students," Haxton says. "Medical schools within public universities typically have lower tuition rates, which puts us at a disadvantage with students who are concerned about costs."

Dr. Fred Steinbaum, who has represented the family in funding the endowment, says they are committed to growing the scholarship to support more than one student annually, as well as expanding the scholarship to a four-year award for each recipient.

"The medical profession has changed," Dr. Fred Steinbaum says. "We need to have more opportunities in medicine for doctors who will serve underserved communities and promote a holistic and humanistic approach to medical care, like the approach I learned in Kirksville."

Dr. Fred Steinbaum is passionate about education and teaching. A general practitioner and then medical oncologist, he completed his training at Memorial Sloan

"We are forever grateful to the Steinbaum-Levine family for their generosity and support to ATSU-KCOM."

- ATSU President Craig M. Phelps, DO, '84

Kettering Cancer Center (MSK) and went into practice with three doctors of medicine (MDs), two of whom also completed training at MSK and one at MD Anderson. He believes his DO background gave him an advantage over his MD colleagues when caring for patients and their families. Dr. Fred Steinbaum wants to promote the osteopathic approach and, through this scholarship, secure enrollment of students who will continue the osteopathic tradition.

In fall 2021, the Steinbaum-Levine Endowed Scholarship announced its first recipient, Tulley Shofner, a first-year ATSU-KCOM student from Denver, Colorado, and graduate of Dickinson College in Carlisle, Pennsylvania.

"My first encounter with osteopathic medicine was when I had a rotated vertebra, and I saw a DO who used osteopathic manipulative treatment to realign my spine," Shofner says. "From then on, I was impressed with the holistic approach and emphasis on treating the whole patient with preventive and self-restorative, science-based medicine."

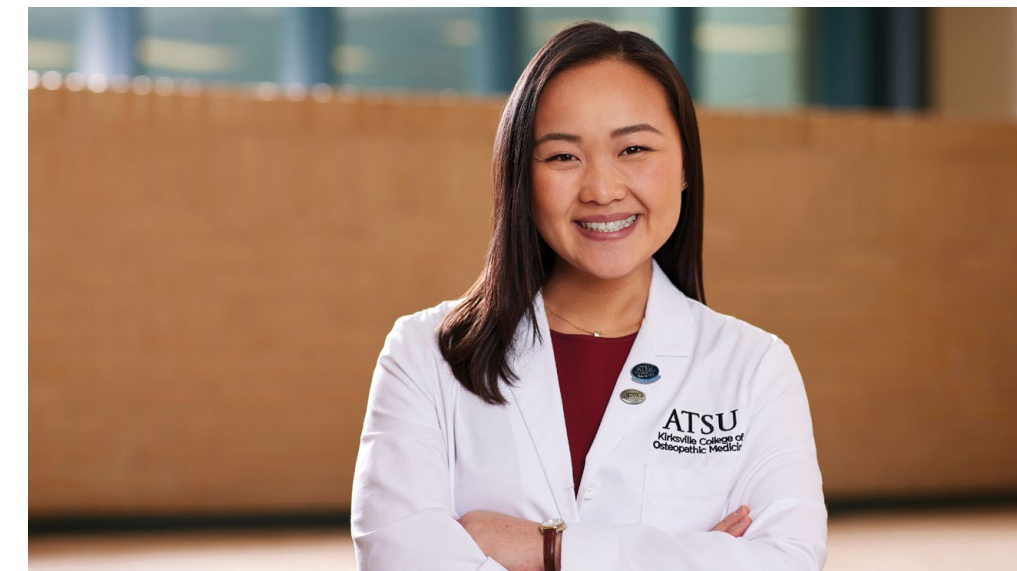
Her commitment to osteopathic medicine was further strengthened with her volunteer and clinical experiences. She served as a leader for a health education outreach program and coordinated health discussions with residents of a transitional shelter. Through these discussions, she felt gratitude and reward from educating people about health topics and communicating science through conversations. In addition, she learned about financial and social hurdles for marginalized populations and structural shortcomings impeding equal access to care.

Shofner's experiences have motivated her to pursue osteopathic medicine to provide quality care for her future patients and ameliorate some shortcomings of the healthcare system through her patient interactions. When Shofner received notification of the scholarship, she felt the financial award was a blessing. She also felt it was a vote of confidence in her potential, which was especially important during her first semester at ATSU-KCOM as she transitioned into medical school.

"The faculty and administration tell us all the time that we belong here and deserve to be here," Shofner says. "This scholarship was tangible evidence that they believe I can do this and make a good physician." ■



The Steinbaum-Levine family visits the Kirksville, Missouri, campus in 2012 for the Steinbaum-Levine Legacy Hall dedication ceremony.



Tulley Shofner, OMS I, receives the first Steinbaum-Levine Endowed Scholarship award.

Learn how you can support the osteopathic profession and future students like Shofner through the Steinbaum-Levine Scholarship Endowment or by establishing a similar endowment. For more information, please contact Brad Chambers, director of development, at bradchambers@atsu.edu or 660.626.2494.



Photo credit: AEW

Dr. Michael Sampson has served as AEW's ringside physician since 2020.

All elite DO

By Jason Hunsicker

ATSU-KCOM alumnus
serves as ringside fixture
in professional wrestling

To say Michael Sampson, DO, FAOASM, '92, delivers care in challenging environments is a complicated understatement.

Complicated, because as the ringside physician for All Elite Wrestling (AEW), and formerly in the same role with World Wrestling Entertainment (WWE), some of those challenges are in the script. When he's tending to a wrestler and their opponent tries to take his head off with a kendo stick, Dr. Sampson ducks, shouts, and goes about his business for the TV cameras.

An understatement, however, because those made-for-TV moments are a mere fraction of what Dr. Sampson is handling. Whether he's performing osteopathic manipulative treatment (OMT) on 7-foot-tall, 400-pound Paul Wight (formerly known as The Big Show), or aiding an accidentally concussed wrestler and being punched in the face in the process, there's no shortage of moments falling outside typical physician care.

His career has taken him across the country and around the world, with stops in collegiate athletics, the classroom, and higher education administration, and the ATSU-KCOM alumnus has found his home in the world of professional wrestling. Osteopathic medical education in Kirksville, Missouri, and training and mentoring on rotations, residency, and fellowship provided him a foundation, but Dr. Sampson reached his position through a willingness to seize opportunities when presented – even if those opportunities are in areas in which he was initially unfamiliar, like professional wrestling.

"I was never into professional wrestling. I'd gone to one show in Pittsburgh with my friends after college, and only watched it occasionally on TV," Dr. Sampson says. "Now, here I am, having worked at two of the major professional wrestling organizations. Not many doctors can say that. It's an amazing thing to have this on my resume, but it wouldn't have happened if I'd have said 'no.'"

Originally from Monaca, Pennsylvania, Dr. Sampson majored in biology and minored in microbiology at Gannon University in Erie, Pennsylvania. That's where he first learned about osteopathic medicine and was encouraged to apply to ATSU-KCOM when he decided to pursue medicine.

Calling the College a "factory for sports medicine doctors," Dr. Sampson found many fellow alumni as willing mentors along his chosen path, including Dixie Tooke-Rawlins, DO, FACOFP, '80, now president and provost of Edward Via College of Osteopathic Medicine (VCOM) and former director of residency at Metropolitan Hospital in Grand Rapids, Michigan; Craig M. Phelps, DO, '84, ATSU president and former Phoenix Suns team physician; Linnette Sells, DO, FAOASM, '82, ATSU Board of Trustees chair and team physician for Georgia Tech; and Gunnar Brolinson, DO, FAOASM, FAAFP, FACOFP, '83, vice provost for research and chair of sports medicine at VCOM.

While he was on faculty at Philadelphia College of Osteopathic Medicine (PCOM)-Georgia and working as a team physician for Georgia Tech athletics, WWE reached out with a job offer to become a ringside physician. The organization was seeking a doctor of osteopathic medicine who performed OMT, and Dr. Sampson's reputation for proficiency was widespread.

"We could help get them back to what they do the best by using OMT," Dr. Sampson says. "There are so many applications, and I could help people get better faster than just throwing pills at them, or having them put on braces. You're putting the body back into optimal position to heal itself. Doctors, we don't heal people. We just put their bodies back optimally to get them to heal."

"Allowing people to do what they do, just by knowing the anatomy, biomechanics, and nervous system of the body, is amazing. I know the athletes really appreciate that, and I enjoy it because I see the results. Treat the whole person. I've been able to diagnose a lot of people just by asking questions, and not treating where their pain is, but what's causing their pain, and getting rid of their pain."

Dr. Sampson made a brief return to academia after five years with WWE, serving as founding chief academic officer at PCOM-South Georgia before AEW called with an opportunity to return ringside. Initially, he could manage those duties alongside his academic schedule because the new organization's handful of events were all on weekends, and his reputation and OMT skills quickly earned him respect with AEW's roster.

It's a mutual feeling, he says.

"I have the utmost respect for professional wrestlers," Dr. Sampson says. "They're entertainers, they're stuntmen and women, they're actors, and they're amazing athletes. On top of that, they are the most thankful and humble, and respectful to what we physicians and trainers do for them."

As AEW grew and eventually expanded to weekly, live, nationally televised events in different cities, Dr. Sampson faced a choice, and he began full time as AEW's ringside physician in early 2020.

Again touring the country, Dr. Sampson makes it a point to invite sports medicine clubs from local health sciences schools to come backstage when AEW is in town. He encourages medical students and young professionals to be open and willing to learn from those around them, including people in different healthcare disciplines.

"Whatever field you go into, be the best in that field you can be," Dr. Sampson says. "Take in everything. Work with other parts of the medical team. Know how to work with people, know their strengths, and respect them for their strengths within their fields."

And for doctors of osteopathic medicine, Dr. Sampson has one additional recommendation.

"Learn your OMT, and know the value of it," he says. ■

Voices

ATSU leaders discuss diversity, equity, and inclusion

Featuring Poonam Jain, BDS, MS, MPH

Vice Dean for Clinical Affairs and Advanced Dental Education
St. Louis Dental Center, ATSU-MOSDOH

On the topic of diversity, equity and inclusion at ATSU, I will focus on the St. Louis Dental Center, which houses the main clinic for ATSU-MOSDOH. I will never forget the first time I walked through the front doors of the center. I was struck by the diversity of patients waiting in line to check in, the staff at the front desk, the few students and faculty who were walking in or out of the front lobby, and the staff members who stopped by the front desk to talk with the receptionists. Although most dental schools have a diverse population of patients, this was different. The diversity I refer to here spanned across ethnicity, race, languages spoken, age, gender, socioeconomic status, and physical ability.

Later, after I joined the School as an administrator, I learned ATSU had been the proud recipient of the Health Professions Higher Education Excellence in Diversity Award for several years. This award is certainly well deserved. The patients we serve at the St. Louis Dental Center speak about 56 different languages and come from diverse backgrounds, and the center affords equal opportunity for each patient to receive the highest quality dental care at affordable prices. The faculty and staff members who serve at the center are diverse as well.



Dr. Poonam Jain

The School has a system of shared governance and includes the input from students, faculty, and staff in the decision-making process. The goal is to empower our students and employees to have a voice in the decisions affecting us all. This is, of course, not an easy

or comfortable process at all times, but in the end, the only way to move forward in this ever-changing global environment. I am proud to work for ATSU, which really acts on its stated mission, and that gets me through some of my toughest days here.

INSPIRATION



Kristine Thoi
Interviewing

When Kristine Thoi noticed a trend of medical students interviewing their classmates on TikTok, she got the idea to interview her classmates and ask about their journeys. Rather than only showcasing students who took the traditional path, the first-year physician assistant (PA) student at ATSU-CHC wanted to show there is no specific route to PA school.

As the youngest of 88 students in her cohort, Thoi felt a bit intimidated to reach out to her older, more experienced classmates. However, these videos, some of which have accumulated more than a million views, have given her an opportunity to learn more about her peers and build her sense of community.

"There are so many nontraditional applicants coming from different walks of life," Thoi says. "Mostly, I hope these videos answer questions pre-PA applicants may have and inspire people to learn more about the PA profession."

IN THIS SECTION

From Iran to the U.S.
Medicine & teaching
Caring philosophy
A lesson in persistence
Continuing to care
Be the best coach

An Iranian girl's American dream

ATSU-ASHS alumna breaks boundaries to become U.S. medalist

By Katie Gastrau

Wrestling has always played a significant role in Afsoon Roshanzamir Johnston's life. Being born in Iran in the early 70s, wrestling was and still is the national sport. Her father was a wrestler and always wanted a son to follow in his footsteps. Although Johnston, MSPT, '00, was an only child, her father believed she could do anything a boy could do. His mindset was more progressive from the rest of the country, as men and women didn't have equal opportunities. Throughout her childhood, Johnston's father would teach her wrestling moves in their living room, and he would let her win wrestling matches against him while her mom refereed.

Johnston's home life was a stark contrast to the outside environment. First, the revolution happened, and her country became the Islamic Republic of Iran. Rights for women were turned back about 100 years, and women were very limited in what they could do. Then, Iran went to war with its neighboring country, Iraq. This was a very scary time for Johnston. She would be relaxing at home, and suddenly a siren would go off – she had to rush to the basement as fast as possible because Iraqi warplanes were dropping bombs. Sometimes at school many seats were empty, and it didn't mean those students were sick; it meant their houses had been bombed and they or their family had died. For Johnston, growing up there was tough, and her parents didn't want that life for her. To give her a better future, they decided to risk everything and immigrate to the U.S.

Even through her experiences in war-torn Iran, Johnston said the hardest part of her life was those first few years in the U.S. She was only 11 when her family moved, and American culture and society was very different from what she had known. Johnston didn't speak a single word of English, which made it challenging for her to communicate or express herself. By the other students, she was seen as the weird kid. When some students would learn where she was from, they would call her a terrorist and tell her to get out of their country.

As she struggled to find acceptance, she learned two very important things. First was the value of an education, something no one could take away from her. Second, even though other kids wouldn't interact with her, that changed when it came to sports. During recess, she was always the first one picked for teams because of her athleticism. Johnston

thought sports could be her ticket to fitting into this new environment.

Eventually her parents were able to save enough money to buy a house and move, which meant a new school for Johnston to start high school. At the time, cheerleading was the all-American girl thing to do, so Johnston joined the team. Once winter sports rolled around, she was cheering for the wrestling team, which was only for boys. As she watched the team wrestle, she thought about how she was cheering on the sideline when instead she could be out there wrestling too.

Under Title IX, Johnston knew legally the school couldn't stop her from joining the team. She walked up to the wrestling coach in her cheerleading uniform, weighing 98 pounds, and said she knew the sport well and wanted to try out for the team. The coach was hesitant at first and not knowing who her father was, called him to see if he would say no. To the coach's surprise, Johnston's father was thrilled by the idea and fully supported her desire to wrestle. She earned her spot easily by beating the team's starting varsity wrestler in her weight class. By joining the team, she received a lot of criticism from other people and the media for being a female wrestler. She had to prove herself – to others and for girls who loved wrestling – and she did so by working incredibly hard.

From the time she started wrestling, more and more girls started going out for predominantly male sports. By her senior year in high school, for the first time ever, women's wrestling had a world championship. Johnston made the national team, went to the championship, and won the first medal for the U.S. women's team.

After high school, Johnston wanted to continue wrestling and her education. She received her bachelor of science in kinesiology and exercise science from the University of California, Davis. She trained with the men's wrestling team there and was still able to compete for the national women's team. But while wrestling, Johnston tore her ACL, which required months of physical therapy.

After going through her recovery, she realized physical therapy would be the perfect career for her. She came across ATSU-ASHS and loved its program because it was ahead of its time. Johnston was able to continue her wrestling career while taking online classes to earn her master of science degree in physical therapy in 2000. Also during this year, she hoped women's wrestling would be added to the Olympics, but when it was not, she decided to retire from wrestling to start her career and family.

Continued on Page 38



Top left, clockwise: Afsoon Johnston wrestles with her father; Johnston as a child in Iran in the 1970s; Johnston is the first woman to win a world wrestling medal for Team USA; Johnston in action at a wrestling match; and Johnston wrestles at a meet with her father by her side.



Above: Johnston (right) achieves her dream of coaching in the Olympics, helping Team USA win its first gold medal in women's wrestling in 2016. Right: The book "Afssoon" was recently published about Johnston's life, including her time in Iran, moving to the U.S., and achieving her dreams.

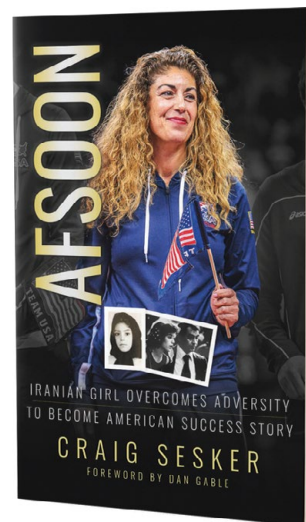
Four years later, in 2004, women's wrestling was added to the Olympics. At the time, Johnston was nine months pregnant. This was a very bittersweet moment for her because that is where she wanted to be, and she had won against girls with gold medals around their necks. However, she was thrilled to see women's wrestling finally in the Olympics and women accepted in the sport.

In 2012, the coach of the women's wrestling national team contacted her and wanted her to be involved in the sport again. She went back to help as a physical therapist and as a coach. Then in 2016, she reached her dream of coaching in the Olympics in Rio - the first year the U.S. won a gold medal in women's wrestling.

Today, Johnston continues coaching and practicing physical therapy. She uses her story to motivate others to reach their goals and often gives

inspirational speeches to various groups and organizations. The book "Afssoon," which was recently published, gives a detailed account of her life in Iran, moving to the U.S., and achieving her dreams. Her message to others is with hard work and motivation, anything is possible.

"Don't limit yourself, believe in yourself, and follow your dreams," Johnston says. "As a female athlete, you can still have a family, you can still have a career, and you can still balance everything and bring it all together."



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A love for medicine and teaching

ATSU-SOMA alumnus serves community and alma mater

By Amanda Martinez

For Chad Taylor, DO, MPH, '13, chance led to becoming a doctor. Originally a political science major, he was completing his undergraduate studies at Minnesota State University when he finished an Intro to Biology class in the top five – out of 500 classmates.

His biology professor asked him what he was planning to do with a political science degree. Dr. Taylor said he wanted to help people and make a difference.

Dr. Williams encouraged him to take additional science courses, including chemistry and a higher-level biology course. If Dr. Taylor excelled

in those courses, Dr. Williams wanted to follow up and discuss a career path in medicine.

Dr. Taylor did excel, and Dr. Williams helped him get a shadowing position with Ann Barry, MD, the clinical director of a local free clinic.

“It was through Drs. Williams and Barry that I learned to really love medicine, and I learned this was my calling,” Dr. Taylor says.

While shadowing Dr. Barry, Dr. Taylor saw the power a physician had to change a person's life through education and general wellness, and advocating for patients. This drew him to osteopathic medicine. The mission of ATSU and especially ATSU-SOMA to educate primary care physicians to help underserved populations was “right up his alley.”

“We learned things from our professors that books can't teach: how to make eye contact, how to help someone who might be physically struggling to get up on the exam table, and how to create a connection,” says Dr. Taylor.

During his rotations in Kingman, Arizona, Dr. Taylor met a dermatologist who saw promise in



Dr. Chad Taylor stands at the podium and leads the osteopathic pledge of commitment at ATSU-SOMA's 2021 White Coat Ceremony.

Dr. Taylor's way with patients. He was offered a job at the dermatology practice on the third day.

“It was very bizarre to be offered a job in dermatology,” Dr. Taylor says. “My first love was primary care, but I chose dermatology because this was the only dermatology practice that accepted state-sponsored insurance and offered a sliding scale for cash-pay patients with no insurance.”

After a few years as a partner in the Kingman practice, the practice closed during the pandemic.

Now, Dr. Taylor serves his alma mater as a regional director for medical education in Flagstaff, Arizona, working with second-through fourth-year medical students. Additionally, Dr. Taylor practices family medicine and dermatology in a small clinic setting.

“It is so wonderful serving my home community of Flagstaff,” Dr. Taylor says. “I am very happy and fulfilled in these two positions; I love to teach, and it suits me well!”



Dr. Chad Taylor holds a young patient.

Instilling a caring philosophy

ATSU-KCOM alumna raises level of care for rural communities in Pacific Northwest

By Jason Hunsicker

So much of medicine is about relationships. Doctors seeking to work in rural areas are practicing medicine, but taking care of people.

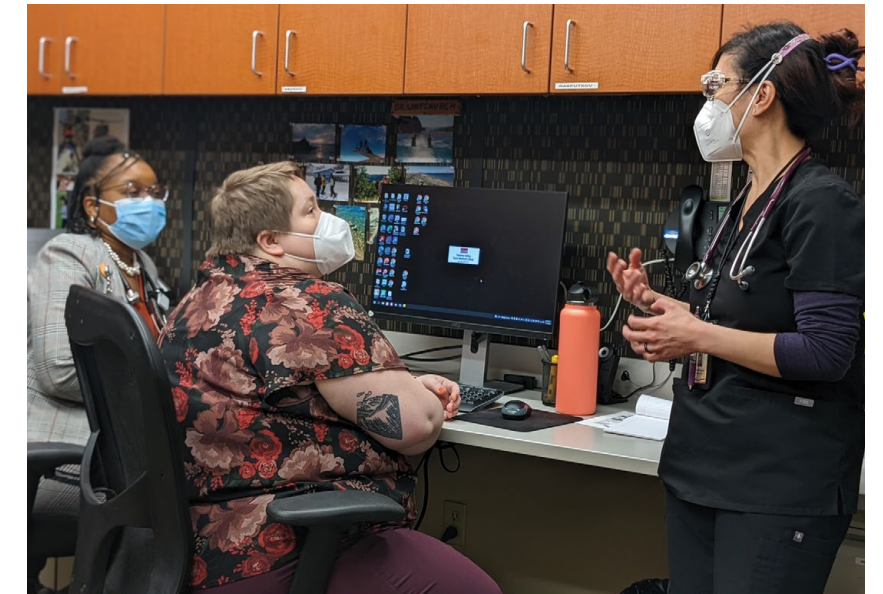
That's a philosophy ATSU-KCOM alumna Katheryn C. Norris, DO, '02, tries to instill in the residents she manages at Yakima Valley Farm Workers Clinic, where she serves as a physician and director of medical education and residency for Sollus Northwest Family Medicine Residency Program, in Grandview, Washington.

“People just really want a doctor to be with them,” Dr. Norris says. “Don't forget you're caring for a person who is part of something bigger than themselves. They are someone's spouse, mother, father, parent, child. They are part of the community. Everything that happens to that person affects outwards.”

Dr. Norris, whose father served in the U.S. Navy and mother worked as a registered nurse, moved around a lot as a child, but spent many of her formative years in western Washington. After leaving the Pacific Northwest for Kirkville, she ended up on rotations in Mesa, Arizona, including sports medicine in the office of ATSU President Craig M. Phelps, DO, '84. She did her residency at Mayo Clinic Hospital in Phoenix, and her first job post-residency was with Arizona State University's campus health service.

Initially, she and her husband thought they'd remain in the Southwest and raise their newborn, but they ended up in central Washington to be closer to family. Dr. Norris began work at Sunnyside Community Hospital, which had a long history of employing doctors of osteopathic medicine. Many of the patients she encountered had prior histories with ATSU-KCOM alumni.

“I never had to explain what a DO was,” Dr. Norris says.



Dr. Katheryn Norris (right) speaks with residents Beverly Khodra, MD, and Jessica Roberts, DO.



Dr. Katheryn Norris

A few years later, and after gaining some experience in hospital administration, she was hired to begin the residency program at Yakima Valley Farm Workers Clinic, a federally qualified health center serving rural Washington and Oregon residents. The program was part of a push to attract and retain young physicians, and increase availability of care.

In 2020, Dr. Norris was honored for her work and named Family Medicine Educator of the Year by the Washington Academy of Family Physicians.

“When I look up and I see people who are doctors helping people in our communities, and I was a part of that, it's very humbling,” she says. “It's tremendous to be part of people's journeys as they find themselves.”

To Dr. Norris, a key part of success in rural medicine is physicians knowing the boundaries of their own expertise, and how to find solutions when an answer is beyond them.

“Sometimes, there is the right thing and the wrong thing, but sometimes there are a bunch of right things,” Dr. Norris says. “Know what you know, know what you don't know, and know where to ask for help. You need to know that last part, because your patient deserves that answer.”

Persistence pays off

ATSU-ASDOH alumna overcomes barriers to serve her Native community

By Katie Hubbard

As a child, Lt. Cmdr. Lisa Begay, DMD, '14, spent much of her time playing in the great outdoors. She grew up in rural Arizona on the Navajo reservation, roaming the mountains behind her grandparents' house, making mud pies, building forts in trees, and playing restaurant with the commodity food her grandmother received. She was raised by a single mother and her extended family in the small community of Oak Springs, which has fewer than 60 residents, dirt roads, and limited electricity and running water.

Their home was 22 miles from the nearest health center, which was quite a distance for community members with no transportation and limited resources. Access to dental care was even more challenging. If someone had a toothache, they had to stand in line at the clinic, which only accepted the first four walk-in emergencies each day.

"When I was younger, I saw my relatives struggling with their oral health," Dr. Begay says. "They had rampant caries, dental pain, and periodontal disease. Many of my relatives lost their teeth."

Although their family faced many difficulties, Dr. Begay's mother treasured their Navajo heritage and wanted her three children to learn the culture and speak the language. She took every opportunity to teach them, even making an 8-year-old Dr. Begay weave a Navajo rug. Although Dr. Begay was impatient and wanted to play outside instead, her mother was relentless.

That same small Navajo rug with uneven designs is now displayed on Dr. Begay's nightstand. It serves as a reminder of how persistence and hard work pay off – a lesson she would never forget.

When Dr. Begay left home for college, she only had a bag of clothes and \$100 in her pocket. She had no idea how she was going to make it on her own, but she showed up at Fort Lewis College in Durango, Colorado, ready to find her path.

"I probably should have been terrified, but I literally had nothing to lose," Dr. Begay says. "I knew I had better succeed because there was no going back."

Because of her experiences growing up, she wanted to help the Native community. At the time, she lacked the confidence to pursue dental school, so she decided to major in dental hygiene. She then transferred to the University of New Mexico, where she earned her bachelor's degree, and worked for several years as a dental hygienist with the Indian Health Service (IHS).

During her downtime at work, she would find herself shadowing dentists. She was intrigued with the variety of

dental procedures dentists could do and how they could positively affect their patients' lives. She knew she had found her calling and, from then on, began taking night and weekend classes to complete her prerequisites for dental school.

While still a hygienist with IHS, Dr. Begay attended a public health conference in Taos, New Mexico. There, she met Ryan Lee, DDS, a newly graduated dentist from Columbia University. Dr. Lee, who would become her husband, was a constant source of support throughout her journey.

Around the time of her Dental Admission Test, Dr. Begay met an ATSU-ASDOH student who told her about several Native students at the School and their mentor, George Blue Spruce Jr., DDS, MPH, assistant dean, American Indian affairs. The student encouraged Dr. Begay to consider attending ATSU-ASDOH and connected her with the other students.

"I had never heard of Native students in dental school before," Dr. Begay says. "When I met those students and then found Dr. Blue Spruce, it opened up my world."



Dr. Lisa Begay and staff hold a Give Kids A Smile event at their clinic.

This Navajo rug, which Dr. Lisa Begay made at age 8 with her mother's help, is a reminder of how persistence and hard work pay off.

Once at ATSU-ASDOH, Dr. Begay knew she was where she was supposed to be. However, she struggled academically. She didn't feel she had as strong of a foundation as some of her classmates, but she kept her focus and put in extra study time. Through hard work and support from her husband, fellow students, and Dr. Blue Spruce, she achieved her dream of becoming a dentist, graduating in 2014.

"My husband never let me give up on my goal to become a dentist," Dr. Begay says. "I am proud to say he continues to support me through my dental career with the same unwavering commitment."

Currently, Dr. Begay is a lieutenant commander in the U.S. Public Health Service and chief dental officer at Canoncito Band of Navajos Health Center in To'hajiilee, New Mexico. As the only full-time dentist on staff, she has many responsibilities, including overseeing daily operations of the dental clinic, supervising staff, and caring for 3,000 patients. She serves American Indian patients from various tribes, but most are Navajo and reside within the To'hajiilee community. However, some patients drive 45 minutes from Albuquerque to her clinic.

Dr. Begay's most memorable patient encounters have been the ones where patients open up about their personal lives, share their experiences, and are thankful for the dental services provided. One memorable patient in particular was a 90-year-old Navajo woman who was not able to eat because of her poor oral health. The patient needed extractions and dentures, and by the time Dr. Begay and her staff finished treatment, they had gotten to know her well.

"At her final denture appointment, she flashed her beautiful smile, and it made me feel so good inside," Dr. Begay says. "In that instant, I felt like all the barriers I had to overcome to be in this exact moment were worth it."

In memory of Dr. Lisa Begay's mother, Gloria Lynch-Wamboldt, who died of breast cancer Dec. 22, 2021.

Continuing to care

ATSU-MOSDOH alumni provide dental care for veterans and the underserved

By Katie Gastrau

Four years after graduating from ATSU-MOSDOH and volunteering for the Smiles for Veterans program, Hillary Smith, DMD, '18, and George "Will" Vincel, DMD, '18, continue to serve the veteran community. The husband and wife dentists practice in Springfield, Missouri, with Dr. Smith at Northside Dental Clinic and Dr. Vincel at Ozarks Preferred Dental Group.

Drs. Smith and Vincel started working with veterans during their third year of dental school at the St. Louis Dental Clinic. As part of the second class to help with the Smiles for Veterans program, the students volunteered their time and worked in teams to provide dentures free of charge to veterans in need.

Shortly after graduation, Herbert Silva, DMD, assistant professor at ATSU-MOSDOH and Smiles for Veterans program facilitator, reached out to Dr. Vincel to see if he would continue to help serve the veteran community. He was thrilled to be able to continue to help.

Dr. Silva contacts Dr. Vincel when program patients from the Springfield area need denture adjustments or dentures delivered. Dr. Vincel is then able to perform those services locally. In one instance, a patient did not have the means to travel back and forth to St. Louis for dental care. Dr. Vincel was able to do all the pre-work, including X-rays and extractions, to get him ready for dentures.

Drs. Smith and Vincel also help with the program by volunteering in Dexter, Missouri, at the Smiles of Hope Dental Clinic with other ATSU-MOSDOH students, faculty, and alumni. At this clinic, volunteer dentists do all the prep work for dentures, including extractions and bone smoothing as needed. Then, patients travel to the St. Louis Dental Clinic to get their dentures delivered, allowing the program to reach communities beyond St. Louis while easing the travel burden on patients.

In addition to helping veterans at the Smiles of Hope Dental Clinic, Drs. Smith and Vincel focus on serving the underserved. Throughout the year, they try to find patients who may not be able to afford dental care. Then, they set up appointments to provide extractions or fillings pro bono. These patients really appreciate the service, and Drs. Vincel and Smith enjoy the work. Many of these patients are in extreme amounts of pain and unable to afford dental care.

"It's pretty rewarding because you can see it in their face, whenever they come back for a post-op exam, they are a totally different person," Dr. Vincel says. "They talk more, they're happier, just because they aren't in pain anymore."



Drs. Will Vincel and Hillary Smith keep a focus on providing care to vulnerable populations.

Smiles for Veterans program

- Program began in 2017.
- More than 770 veterans screened.
- More than 390 veterans received full or partial denture.
- More than 680 arches delivered.
- Exams and full and partial dentures completed at no cost to veterans.
- Students from all ATSU-MOSDOH classes involved.

Please visit atsu.edu/support-mosdoh-vets to support the ATSU-MOSDOH Smiles for Veterans program.

To be the best coach

ATSU-CGHS alumnus helps young athletes fall in love with fitness

By Jason Hunsicker

ATSU-CGHS Master of Science in Kinesiology alumnus Eli McKnight, MS, '21, is putting his degree to work to help the next generation of athletes fall in love with fitness.

McKnight is an owner of Powerhouse Athletic Training in Kennesaw, Georgia, and a volunteer basketball coach for several different youth teams in Cobb County.

"The idea is for them to fall in love with exercise and physical fitness, doing it through basketball," he says.

McKnight's path in the exercise science field began after his mother died from a heart issue while he was an undergraduate student at the University of Louisville. He decided to dedicate himself to personal training, helping people to get in shape and live healthy lifestyles. He obtained his personal training certification and started volunteering in his community.

Wanting to take his knowledge and abilities to the next level, McKnight sought out master's level programs. He initially looked into residential programs, but through his research discovered ATSU-CGHS. The quality of credentials amongst faculty and the program's National Strength and Conditioning Association accreditation helped him choose the College.

McKnight was immediately able to put what he learned into practice. He credits the program with helping him as he sets new goals.

"Going to ATSU was critical to me being successful now," he says.

Through Powerhouse, McKnight works with people 50 and older in a Silver Sneakers program, as well as young athletes through basketball. Additionally, McKnight designed a strength and conditioning program for the Australian Basketball Federation's youth program.

To help young athletes find their way in fitness, McKnight said it's key to present fundamental tasks in entertaining ways through various games and activities.

"You turn it into a game situation so their skills can develop," he says.

McKnight, a married father of six, hopes to continue expanding Powerhouse's services for kids. He wants to create something of an activity center, where young athletes may go to train and gather in a positive environment.

"It's an opportunity to give back and help a lot of kids who otherwise wouldn't have professional-level training and coaching," McKnight says. "You look at kids and you see a lot of possibilities for their future."

"I'm trying to be the best coach and trainer for these kids I can be right now."



Eli McKnight

Eli McKnight (back row, left) coached his 8-and-under girls basketball team to their city championship win.

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CONNECTIONS

Jacob Palmer

Gaming



Building connections and making friends are the reasons Jacob Palmer, a second-year ATSU-MOSDOH student, began playing video games in high school. Since that time, he has continued to play, and at a highly competitive level.

In college, he began playing League of Legends, a multiplayer online battle arena video game reliant on coordination and teamwork. The game has a five vs. five player format, and each team manages time, resources, logistics, and skills to gain advantages over opponents.

"I was a League of Legends coach for my alma mater, Southeast Missouri State University, my final year of school," Palmer says.

By the time Palmer matriculated to dental school, he was ranked in the top 1%-3% of players worldwide. Currently, he does not play League of Legends regularly because of academic commitments, but he maintains his rank in the top 5%-7% of players.

IN THIS SECTION

Reconnect

The bookshelf

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Faculty & staff news

In memoriam

Parting shot

RECENT ALUMNI EVENTS

2021

Physician Assistant (PA) Program Virtual Reception - May 23, 2021

PA program alumni and faculty reconnected virtually at a gathering featuring an inspiring presentation by Sherron Cook, DHSc, '19, MS, PA-C, '08. The event was hosted by Ann Lee Burch, PT, EdD, MPH, dean, ATSU-ASHS, and Randy Danielsen, PhD, PA-C emeritus, DFAAPA, professor and director, medical science, ATSU-ASHS, and director of The Center for the Future of the Health Professions at ATSU.

Sports Health Care/Athletic Training 25th Anniversary Celebration - June 21, 2021

Graduates from across the country gathered virtually with Craig M. Phelps, DO, '84, president, ATSU; Ann Lee Burch, PT, EdD, MPH, dean, ATSU-ASHS; and Tamara C. Valovich McLeod, PhD, ATC, FNATA, professor and director, athletic training, ATSU-ASHS, to celebrate the program's milestone 25th anniversary.

Orthodontic Program Virtual Networking Reception - June 26, 2021

Jae Hyun Park, DMD, PhD, MSD, MS, professor and chair, postgraduate orthodontics, reconnected with orthodontic program alumni and guests from around the world during this virtual gathering.

Founder's Day - Oct. 7-9, 2021

ATSU-KCOM Golden Alumni and members of the honored classes of 1996, 1991, 1981, 1971, and 1961 (pictured right) returned to Kirksville, Missouri, to celebrate their milestone graduation anniversaries. Participants were able to reconnect and reminisce during several events, including the reunion banquet and campus and community tours.

Dental Alumni Reception - Oct. 12, 2021

Alumni enjoyed reconnecting and had the special opportunity to share their professional insights with several prospective dental students during the reception held in conjunction with the American Dental Association's SmileCon in Las Vegas.

Osteopathic Medical Education Conference (OMED) Virtual Alumni Gathering - Oct. 23, 2021

DO alumni from across the miles connected with one another and shared personal insights with current students during a virtual gathering. The event included updates about the University and ATSU-KCOM from Craig M. Phelps, DO, '84, president, ATSU, and Margaret Wilson, DO, '82, dean, ATSU-KCOM.



Left to right: ATSU-KCOM alumni from the classes of 1961 and 1971.



ATSU-KCOM alumni from the class of 1981.



ATSU-KCOM alumni from the class of 1991.



ATSU-KCOM alumni from the class of 1996.

Florida Regional Alumni Reception - Oct. 28, 2021

Alumni gathered to honor incoming American College of Osteopathic Internists (ACOI) President Robert L. DiGiovanni, DO, FACOI, FACR, '82, ATSU-KCOM, during an event held in conjunction with the 2021 ACOI Annual Convention. The evening included remarks by Dr. DiGiovanni and his wife, Monica, (pictured right) following their recognition as Diplomates through the University's Giving Society for their generous cumulative lifetime financial support.



Monica and Robert L. DiGiovanni, DO, FACOI, FACR, '82, are recognized as Diplomates with Brad Chambers, director of development, ATSU.

Tucson Regional Alumni Reception - Nov. 5, 2021

With a Tucson, Arizona, sunset as the backdrop, alumni and guests from several generations of the ATSU family enjoyed an evening of lively conversation at the Hacienda del Sol Resort. The gathering featured updates from Ann Lee Burch, PT, EdD, MPH, dean, ATSU-ASHS, and Valerie Sheridan, DO, FACOS, DFACOS, FACS, dean, ATSU-SOMA.

2022

Physical Therapy (PT) Alumni, Students & Friends Reception - Feb. 3, 2022

Ann Lee Burch, PT, EdD, MPH, dean, ATSU-ASHS, and Lori Bordenave, PT, DPT, PhD, chair, physical therapy, ATSU-ASHS, hosted a reception for PT alumni, students, and friends during the American Physical Therapy Association Combined Sections Meeting in San Antonio.

Give Kids A Smile and ATSU-ASDOH Alumni Reunion Barbecue - Feb. 18-19, 2022

Dental alumni joined current students and faculty on the Mesa, Arizona, campus to continue the tradition of care for underserved children in the community. ATSU-ASDOH alumni from the classes of 2017 and 2012 celebrated their five- and 10-year graduation anniversaries, and the campus community honored recipients of this year's ATSU-ASDOH alumni awards during a reunion barbecue.

Phoenix Regional Alumni & Friends Event - Feb. 20, 2022

Live music, warm conversation, and gratitude filled the air as Phoenix area ATSU alumni and supporters joined Craig M. Phelps, DO, '84, president, ATSU, at the internationally renowned Heard Museum.

PA Alumni, Students & Friends Networking Reception - March 4, 2022

Ann Lee Burch, PT, EdD, MPH, dean, ATSU-ASHS, and Michelle DiBaise, DHSc, PA-C, DFAAPA, '14, professor, chair, and program director, physician assistant studies, ATSU-ASHS, hosted PA alumni and friends during the Arizona State Association of Physician Assistants Primary Care Conference in Prescott, Arizona.

DO Alumni Reception - March 18, 2022

Margaret Wilson, DO, '82, dean, ATSU-KCOM, hosted alumni and friends at a reception in conjunction with the American College of Osteopathic Family Physicians 2022 Annual Conference in Dallas.

DO Alumni Networking Reception - March 25, 2022

Alumni gathered for an evening celebration hosted by Margaret Wilson, DO, '82, dean, ATSU-KCOM. The reception was held during the American Academy of Osteopathy and American Osteopathic Academy of Sports Medicine Joint Convocation in Orlando, Florida.

Audiology Alumni Networking Reception - March 30, 2022

Audiology program graduates reconnected in St. Louis during the American Academy of Audiology conference. The gathering was hosted by Marlene Salas-Provence, PhD, MHA, CCC-SLP, FASHA, FNAP, vice dean, ATSU-ASHS, and professor and interim director, speech-language pathology; Tabitha Parent-Buck, AuD, professor and chair, audiology and speech-language pathology, ATSU-ASHS; and Andrea Ruotolo, AuD, director, post-professional audiology, ATSU-ASHS.

Occupational Therapy (OT) Alumni Networking Reception - March 31, 2022

OT alumni joined Ann Lee Burch, PT, EdD, MPH, dean, ATSU-ASHS, and Jyothi Gupta, PhD, OTR/L, FAOTA, professor, chair, and program director, occupational therapy, ATSU-ASHS, for a networking reception in conjunction with the American Occupational Therapy Association annual conference.

Arizona DO Alumni, Students & Friends Networking Reception - March 31, 2022

During the Arizona Osteopathic Medical Association conference in Scottsdale, alumni, students, and friends enjoyed an evening of networking at an ATSU reception.

UPCOMING ALUMNI EVENTS

Athletic Training Alumni Reception

June TBD

National Athletic Trainers' Association (NATA)
2022 Clinical Symposium
Philadelphia, Pennsylvania

Founder's Day 2022

Oct. 13-15

Honoring ATSU-KCOM's 50-, 40-, 30-, and 25-year anniversary classes of 1972, 1982, 1992, and 1997. Festivities will also celebrate recipients of the 2022 Kirksville Osteopathic Alumni Association Honors Excellence Awards. Kirksville, Missouri

DO Alumni, Students & Friends Reception

Oct. TBD

American Osteopathic Association (AOA) OMED
2022, Oct. 27-30
Boston, Massachusetts

Please contact Alumni Relations at alumni@atsu.edu for more information on upcoming alumni events.

ALUMNI EMPLOYMENT OPPORTUNITIES

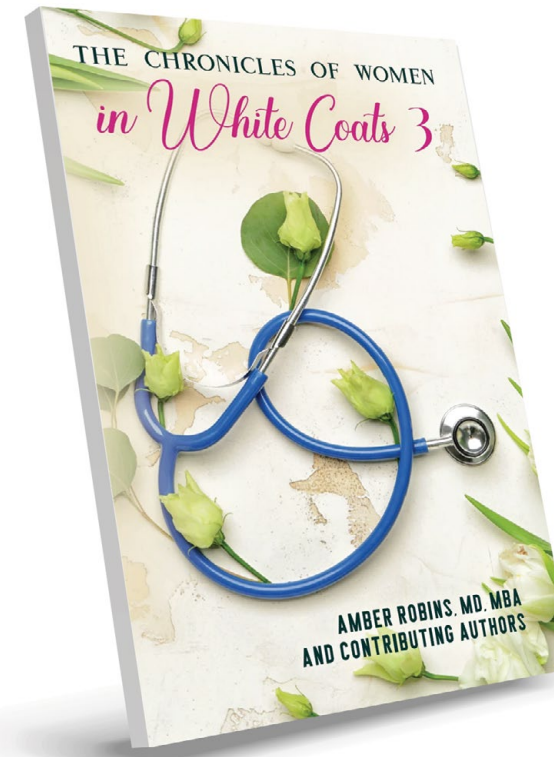
atsu.edu/alumni-jobs



The University provides an online job board for ATSU alumni seeking employment and for employers searching for ATSU graduates to fill vacant positions. These job opportunities are shared by external employers and other alumni who value the skills and expertise of ATSU graduates. As a free resource for employers and job seekers, we encourage you to check back often when you are looking for a new opportunity or when you have positions at your organization or company to advertise. Please contact alumni@atsu.edu with any questions.

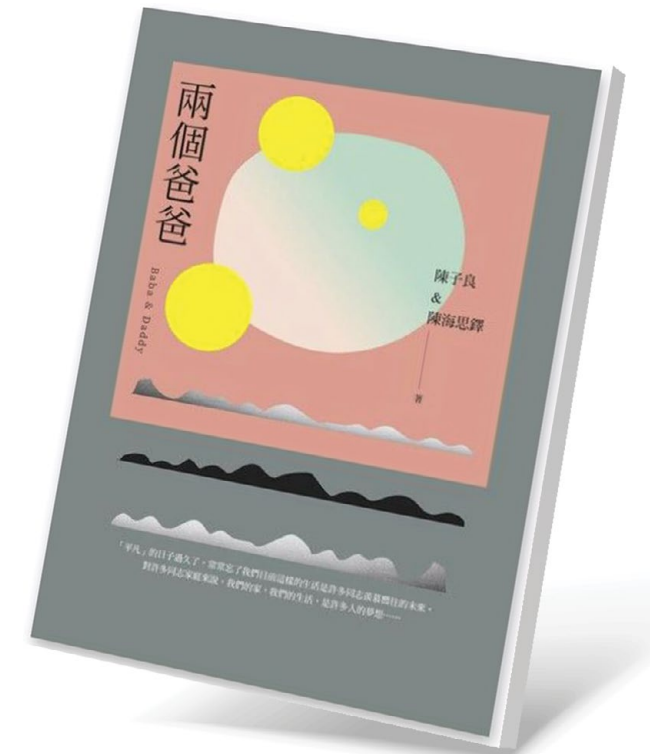
The bookshelf

Recent books from ATSU alumni



The Chronicles of Women in White Coats 3
By Amber Robins, MD, MBA; Kristin Yates, DO, '12; and contributing authors
Independently published, March 2021

Dr. Yates is a co-author of this book, which is a series of stories by women physicians highlighting topics, including gender bias, opioid addiction, being a single mother, and more. Dr. Yates' chapter talks about her struggle with self-doubt and imposter syndrome and how she went from almost quitting her job in medicine to learning to love her job and becoming a physician life coach in addition to a full-time OB-GYN.



Baba & Daddy (Mandarin title: 兩個爸爸)
By Lance Chen-Hayes, tDPT, '10
Yuan-Liou Publishing Co., May 2021

Dr. Chen-Hayes chronicles his life experiences and reflections as Taiwan's first out gay father in this book. The stories cover a broad range of social issues, including domestic violence, immigration, homophobia, coming out, cross-cultural couple relationships, marriage equality, surrogacy and adoption, parenting, and LGBTQ+ youth issues. Dr. Chen-Hayes has over 30 years' experience as a physical therapist and LGBTQ+ community activist in the U.S. and Taiwan.

Calling all alumni authors!

Let us know about your latest nonfiction or creative work. Please email stillmagazine@atsu.edu or send a copy to *Still Magazine*, 800 W. Jefferson St., Kirksville, MO 63501.

ATSU Continuing Education receives five-year accreditation

The American Osteopathic Association's (AOA) Council on Continuing Medical Education has acknowledged ATSU's achievement for meeting AOA application requirements and has awarded five-year Continuing Accreditation with Commendation as a Category 1 CME sponsor.

This is the highest honor given to AOA Category 1-A CME sponsors. ATSU's Continuing Education department received a perfect score of 100 points on its re-accreditation survey, which is the second consecutive time the department has received this honor.

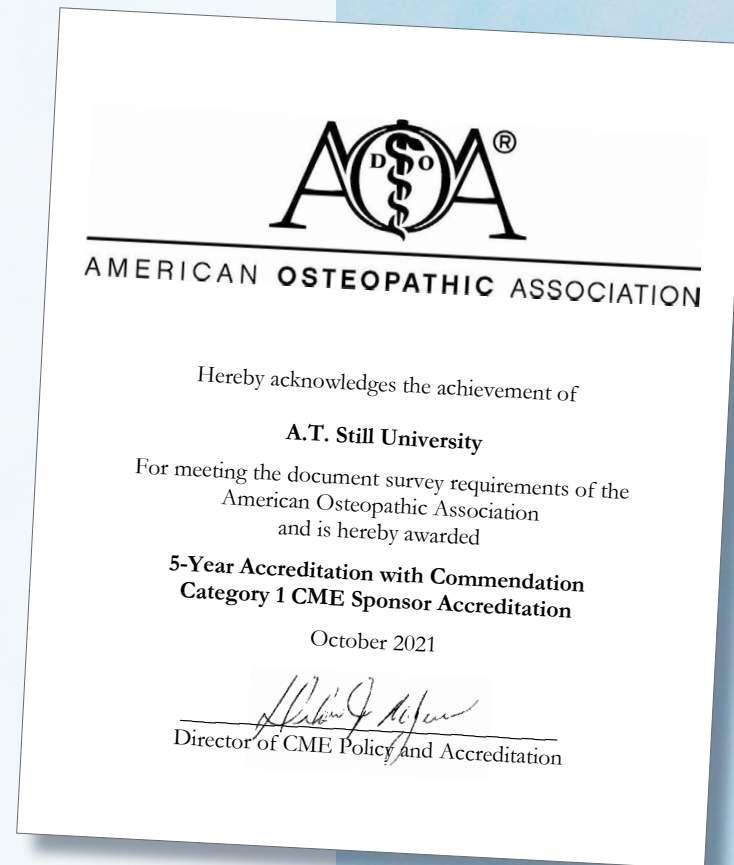
"This has been a long, tenuous process that has included in-depth attention to all AOA-required components to achieve this honor," says Jan Baum, MA, director, continuing education, ATSU. "The Continuing Education staff is thrilled with the results."

Congratulations, ATSU Continuing Education!

Lloyd Cleaver, DO, FAOCD, FAAD, FASMS, '76
Assistant Vice President, Continuing Education

Jan Baum, MA
Director

Lynn Hurt, MA
Project Manager



Upcoming continuing education opportunities

ATHLETIC TRAINING

Clinical Outcomes Assessment: An Overview

Concepts of Diagnostic Accuracy in Athletic Training

Evidence-Based Practice in Athletic Training

Examination of Concussion Reporting Influences and Educational Programs

Guidelines for Best Practices in Concussion Management: The Development of Position and Consensus Statements

Health Information Technology in Athletic Training

How Much Information is Too Much? The Role of Unlearning in Athletic Healthcare

Incorporating Evidence-Based Practice into Athletic Training: An Overview of Practice-Based Partnerships

Lower Limb Preventive Training Program Best Practice and Implementation

Medicolegal Considerations for Sport-Related Concussion

Optimizing Lateral Ankle Sprain Rehabilitation

Pain: How it Affects Stability and Movement

Promoting Patient Mental Health: Lessons & Considerations from a Sport Psychology Perspective

Quality Improvement in Athletic Healthcare

Role of Sports Specialization on Injury, Overtraining, Burnout, and Mental Health Considerations

Social Determinants of Health in Athletic Healthcare

Home study courses are available year-round and are web-based. Please email atce@atsu.edu for more information.

DENTAL

The Art and Science of Endodontic Diagnosis
June 1, 2022 | Virtual

Class II Restorative Complications and Solutions
June 3, 2022 | Virtual

Busting Biofilm: Classic to New Age Solutions
June 9, 2022 | Virtual

Diagnostic Tests in Periodontics: Concepts and Applications
June 14, 2022 | Virtual

Surgical Microscope Enhancing Periodontal and Implant Treatment Outcomes
June 23, 2022 | Virtual

ATSU-MOSDOH is ADA CERP and AGD PACE approved.

For more information, contact mosdohce@atsu.edu or call 314.685.3557.

MEDICAL 2022

Margaritaville
Primary Care Update
Aug. 5-7, 2022 | Margaritaville | Osage Beach, Missouri

Founder's Day
Osteopathic Manipulative Medicine Approaches to the Life Cycle
Oct. 13-15, 2022 | Missouri campus | Kirksville, Missouri

Big Cedar
Primary Care Update
Dec. 1-3, 2022 | Big Cedar Lodge | Ridgedale, Missouri

MEDICAL 2023

ATSU CME/CE Cruise
Primary Care Update
Jan. 14-22, 2023 | Royal Caribbean – Odyssey of the Seas®
Fort Lauderdale, Florida (cruise port), Southern Caribbean

Las Vegas
Primary Care Update
March 2-4, 2023 | Treasure Island | Las Vegas, Nevada

Big Cedar
Primary Care Update
Nov. 30-Dec. 2, 2023 | Big Cedar Lodge | Ridgedale, Missouri

ATSU is accredited by the American Osteopathic Association to provide osteopathic continuing medical education for physicians.

For more information, email continuingeducation@atsu.edu or call 660.626.2232.

PHYSICAL THERAPY

Biomechanics of Knee Pain: Best Evidence for Physical Therapist Clinical Decision-Making
June 4, 2022 | Mesa, Arizona

For more information, contact ptceu@atsu.edu or call 480.265.8035.



To register for courses online or learn about upcoming activities, please visit ce.atsu.edu or call 866.626.2878, ext. 2232.

CLASS NOTES

1960s

Roger Morris, DO, '69, Ashley, Michigan, retired at the end of December 2021 after 52 years of family medicine. He interned at Carson City Hospital and practiced in West Virginia and Florida before returning to Michigan.

1980s

Robert L. DiGiovanni, DO, FACOI, FACR, '82, rheumatology program director for Largo Medical Center in Largo, Florida, was appointed president of the American College of Osteopathic Internists (ACOI) for 2021-22. Dr. DiGiovanni will serve a one-year term after serving several years as an executive board member. He has been a member of ACOI for more than 30 years and earned the distinction of fellow in 1994.

Steven Short, DO, '83, was inducted into the Natural Science Hall of Fame at Southwestern College in Winfield, Kansas. A graduate of ATSU-KCOM, Dr. Short was honored for his significant contributions in the natural sciences and continuing the college's history of excellence.

Jeffery Kerr, DO, '85, received the Wilbur T. Hill, DO, FACOFP, dist., Distinguished Service Award by the Missouri Association of Osteopathic Physicians and Surgeons (MAOPS). This award honors Dr. Kerr's lifetime dedication and responsibilities he has held as a MAOPS member. He is a graduate of ATSU-KCOM.

2000s

Bret Ripley, DO, '01, was elected president of the American College of Osteopathic Family Physicians' Iowa chapter during the 2021 Midwest Osteopathic Family Practice Virtual Conference. A graduate of ATSU-KCOM, Dr. Ripley is a family physician at MercyOne South Des Moines Family Medicine Clinic in Des Moines, Iowa.

Nina Hsieh, MS, ATC, CSCS, CES, '03, joined the Charlotte Hornets as assistant athletic trainer.

Chris Wolf, DO, FAAPMR, '04, was named president of the Missouri Association of Osteopathic Physicians and Surgeons. Dr. Wolf is a graduate of

ATSU-KCOM, board-certified in physical and rehabilitation medicine, and in private practice at Bluetail Medical Group in Chesterfield, Missouri.

David Tannehill, DO, FACP, FACOI, '05, was named Physician of the Year by the Missouri Association of Osteopathic Physicians and Surgeons. A graduate of ATSU-KCOM, Dr. Tannehill is a critical care specialist at Mercy Hospital in St. Louis and is board certified in internal medicine.

Christina Garretto, DO, '06, was included in Marquis Who's Who for her work in family medicine. A graduate of ATSU-KCOM, Dr. Garretto serves as a physician at Mercy Hospital St. Louis, Mercy Hospital Washington, and Mercy Hospital South. She also serves as a board member for Mercy Hospital Washington and as an associate professor at Saint Louis University School of Medicine.

Nichole Kingham, AuD, '06, Mill Creek, Washington, was selected to join the American Academy of Audiology's 2021 board of directors. She will serve a three-year term through Sept. 30, 2024. Dr. Kingham currently works with Practice Development Groups to help implement an audiology assistant or technician into private practice audiology and medical ear, nose, and throat clinics.

Ryan Lee, DDS, MHA, '06, MPH, '07, joined Cambridge Health Alliance in Cambridge, Massachusetts. He serves as chief of dental services.

Trisha Perry, PT, DPT, '07, co-published "Clinical Guidance to Optimize Work Participation After Injury or Illness: The Role of Physical Therapists" in the August 2021 issue of *Journal of Orthopedic and Sports Physical Therapy*.

Abigail Mitchell, DHEd, MSN, MBA, RN, CNE, FHERDSA, '09, professor at D'Youville College in Buffalo, New York, published a continuing education article, "Culturally Sensitive Care for LGBTQ+ Individuals: Considerations for Case Managers," in the June/July 2021 issue of *Care Management*. This article marks Dr. Mitchell's 20th publication.

Dallas Mullock, DO, '09, celebrated opening his practice, Mullock Health Care, in Maryville, Missouri, with a ribbon-cutting ceremony nearly one

year after opening in May 2020. Dr. Mullock is a graduate of ATSU-KCOM.

Ryan Osborn, MS, '09, was chosen by his peers as one of the 2021 Bob King Coaches of the Year in the Indiana Basketball Coaches Association. He is the boys basketball head coach at Carmel High School in Carmel, Indiana.

2010s

Carmelia "Lia" Amuna, DHEd, LPC, '10, Killeen, Texas, was appointed to the Texas State Board of Examiners of Professional Counselors by the Texas governor, with her term ending Feb. 1, 2027. Currently, Dr. Amuna is director of the Student Wellness and Counseling Center at Texas A&M University-Central Texas.

Jeff Beaty, DHEd, '10, was named executive director at Morning Pointe of Brentwood, an assisted living facility in Brentwood, Tennessee.

Michael Brown, DO, '10, received the Missouri Association of Osteopathic Physicians and Surgeons Professional Medallion Award. A graduate of ATSU-KCOM, Dr. Brown is board certified in family medicine and specializes in primary care and family medicine at Meritas Health in Smithville, Missouri.

Dinesh Sharma, DO, '10, joined Conemaugh Physician Group-Cardiology in Johnstown, Pennsylvania, providing outpatient care. A graduate of ATSU-KCOM, Dr. Sharma specializes in invasive and interventional cardiology.

Vasco Deon Kidd, DHSc, PA-C, '11, was appointed to the California Physician Assistant Board by the California governor with his term expiring Jan. 1, 2023. Dr. Kidd has been associate clinical professor in the University of California, Irvine (UCI), School of Medicine, Department of Orthopedic Surgery, since 2021 and director of the Advanced Practice Providers Program at UCI Health since 2019.

Brian Grondahl, DO, '13, joined Essentia Health as an interventional cardiologist in Fargo, North Dakota. Dr. Grondahl is a graduate of ATSU-KCOM.

Stephanie Grondahl, DO, '13, joined Essentia Health as a pediatric hospitalist in Fargo, North Dakota. Dr. Grondahl is a graduate of ATSU-KCOM.



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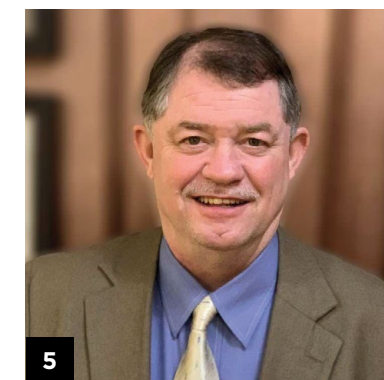
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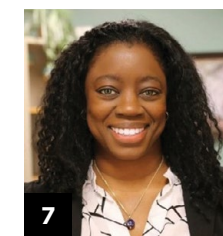
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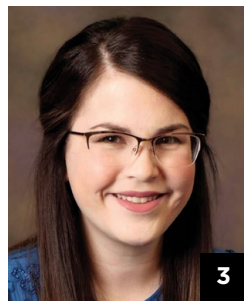


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- 1 | Chris Wolf, DO, FAAPMR, '04
- 2 | Robert DiGiovanni, DO, FACOI, FACR, '82
- 3 | Trisha Perry, PT, DPT, '07
- 4 | Jeffery Kerr, DO, '85
- 5 | Jeff Beaty, DHEd, '10
- 6 | Nichole Kingham, AuD, '06
- 7 | Carmelia "Lia" Amuna, DHEd, LPC, '10
- 8 | David Tannehill, DO, FACP, FACOI, '05
- 9 | Stephanie Grondahl, DO, '13
- 10 | Brian Grondahl, DO, '13



Kate Kensrud, MS, PA-C, '13, joined the cardiology team at St. Luke's Hospital in Duluth, Minnesota.

Angela Miller, MS, PA-C, '13, joined Uncompahgre Medical Center in Norwood, Colorado.

Jared Nichols, DO, '14, received the President's Award from the Missouri Association of Osteopathic Physicians and Surgeons. A graduate of ATSU-KCOM, Dr. Nichols is board certified in family medicine and neuromusculoskeletal medicine and serves as an assistant professor of osteopathic manipulative medicine at Kansas City University College of Osteopathic Medicine's campus in Joplin.

Jesse Beard, DO, '15, joined Parkland Health Center in Farmington, Missouri, as an orthopedic surgeon. Dr. Beard is an ATSU-KCOM graduate.

Mazen Elkurd, DO, '15, joined the University of Texas Southwestern Medical Center in Dallas, Texas, as an assistant professor of neurology. Dr. Elkurd is a graduate of ATSU-SOMA.

Whitney Hilton, DO, '15, joined Access Sports Medicine and Orthopaedics in Exeter, New Hampshire. She is a graduate of ATSU-KCOM.

Indigo Brown, DO, '16, joined Preva Health in Mondovi, Wisconsin, providing family medicine care for children and adults of all ages. She is an ATSU-SOMA graduate.

Angela Harrell, DHSc, MHA, '16, was appointed associate vice president of healthcare relations for the University of Saint Francis in Fort Wayne, Indiana. She adds this role to her current work as dean of the College of Health Sciences.

Nicole Betschman, DHEd, '17, was appointed director of public health and health services program/assistant professor at Trinity Washington University in Washington, D.C. Trinity Washington University is classified by the U.S. Department of Education as a minority serving institution, predominantly Black institution, and more recently, emerging Hispanic serving institution.

Clark H. Butler, DO, '18, joined the medical staff at Moberly Regional Medical Center in Moberly, Missouri. Dr. Butler is a graduate of ATSU-KCOM.

Chad Cochran, DO, MS, '18, joined Southwoods Health as a sports medicine physician in Boardman, Ohio. He is a graduate of ATSU-CGHS' Kinesiology program.

Bryan Koenig, DO, '18, joined Essentia Health-St. Mary's Medical Center in Duluth, Minnesota. Dr. Koenig is a graduate of ATSU-KCOM.

Emma Wright, DO, '18, joined Hannibal Regional Medical Group as a pediatrician in Hannibal, Missouri. She is a graduate of ATSU-KCOM.

Amber Hege, MS, '19, was elected vice president of physical education for the 2021-22 South Carolina Association of Physical Education and Sports board. Hege has been teaching physical education for 12 years.

Baydon Hilton, DO, '19, a graduate of ATSU-KCOM and dermatological resident at Northeast Regional Medical Center in Kirksville, Missouri, received the Max Gutensohn Award at A.T. Still Research Institute's 13th annual Interdisciplinary Biomedical Research Symposium for his research, "Foreign body formation due to transepithelial elimination of hernia mesh."

2020s

Verneda Bachus, DHA, MBA, MA, '21, chief executive officer of Friend Health, a federally qualified health center serving underserved and vulnerable populations in Chicago's Southside, was named to Chicago United's 50 Business Leaders of Color.

Mark Vincent Donato, DMD, '21, a graduate of ATSU-ASDOH, received the first runner-up award at A.T. Still Research Institute's 13th annual Interdisciplinary Biomedical Research Symposium for his research, "Fracture Resistance of Chair-side CAD/CAM Lithium Disilicate Molar Crowns."

Jacqueline Edwards, DMSc, PA, '21, was appointed to the Physician Assistant Affiliated Credentialing Board by the Wisconsin governor with her term expiring July 1, 2025.

Anna Simmler, MS, PA-C, '21, joined Sheepscot Valley Health Center in Whitefield, Maine.

Submit class notes to stillmagazine@atsu.edu

- 1 | Angela Harrell, DHSc, MHA, '16
- 2 | Jacqueline Edwards, DMSc, PA, '21
- 3 | Emma Wright, DO, '18
- 4 | Jared Nichols, DO, '14
- 5 | Nicole Betschman, DHEd, '17
- 6 | Clark H. Butler, DO, '18
- 7 | Indigo Brown, DO, '16
- 8 | Verneda Bachus, DHA, MBA, MA, '21
- 9 | Mazen Elkurd, DO, '15
- 10 | Whitney Hilton, DO, '15
- 11 | Jesse Beard, DO, '15
- 12 | Kate Kensrud, MS, PA-C, '13

Thank you for serving

Two trustees complete terms of service

By Katie Hubbard

G. Scott Drew, DO, FAOCD, '87, and C. Lisette Dottavio, PhD, CPA, completed their terms of service to ATSU's Board of Trustees in 2021, marking the end of an experience they consider the highlight of their careers. During their terms, they helped guide the University through times of change and growth, including openings of ATSU-MOSDOH in Kirksville, Missouri; the St. Louis Dental Center; and the Central Coast Physician Assistant program in Santa Maria, California.

Before they served on the board together, they first met in 1993. At the time, Dr. Drew was a member of The Ohio State University of Marion (OSU Marion) Dean's Advisory Council, and Dr. Dottavio's husband was dean of OSU Marion. With a shared passion for community service, their families became friends.

When Dr. Drew joined the Board of Trustees in 2012, his years of service to his alma mater came full circle. As a student, he served on the Kirksville Osteopathic Alumni Association (KOAA) board, and after graduation, he helped with fundraising activities, provided continuing medical education lectures, and served as a preceptor for student clinical rotations. He also served on the KOAA board again as an alumnus. When asked about his interest in joining the Board of Trustees, he thought his membership would be a great way to demonstrate gratitude to ATSU and pay it forward.

"I have always been grateful for what ATSU did for me," Dr. Drew says. "ATSU is more than a school; it's a community."

Around the time Dr. Drew became a board member, there was an interest in diversifying the board's membership to include non-medical expertise. Dr. Drew nominated Dr. Dottavio because of her background in accounting and education. Her experience enabled her to work with ATSU's chief financial officer and to help clarify how new regulations and changes in tax legislation affected the University.

Outside the boardroom, Drs. Drew and Dottavio and fellow trustees took time to get to know each other, meet with students, attend graduation and white coat ceremonies, and even participate in medical mission trips with former trustee Stanley Grogg, DO, '71.



Drs. Stanley Grogg, Lisette Dottavio, and Scott Drew travel to Vietnam as part of a medical mission.

"Watching our students minister to patients in these underdeveloped countries and seeing the passion that Drs. Grogg and Drew had for teaching students in these environments was life changing," Dr. Dottavio says of her time in Nicaragua and Vietnam.

"It has been a dream opportunity," Dr. Drew says. "Serving on the board has taken me to places I never thought I would be."

Dr. Drew's tenure on the board included three years as chair, which he says was the most unexpected honor of his career.

"It gave me the opportunity to be the voice of a collective group of people dedicated to advancing the mission," Dr. Drew says. "We all care about each other, and we care about the goals of the University."

Drs. Drew and Dottavio emphasize the board's commitment to fulfilling the mission, providing students with an exceptional education, supporting administration, and encouraging faculty in research and innovative teaching. Even when faced with difficult decisions, the board's collegiality and appreciation for one another's background and expertise allowed trustees to reach consensus.

"ATSU has an exceptional board with a commitment to a governance model that focuses intently on the mission and osteopathic tenants of the University," Dr. Dottavio says. "I have never served on a board so congenial and dedicated to their institution."



Dr. Scott Drew works with students to treat a young patient during a medical mission.

G. Scott Drew, DO, FAOCD, '87

Years on the board: 2012-21

Hometown: Marion, Ohio

Occupation: Dermatologist with Dermatology Associates of Mid-Ohio

Background: A graduate of ATSU-KCOM, Dr. Drew completed an internship at Normandy Osteopathic Hospitals in St. Louis, family practice residency at University of Medicine and Dentistry of New Jersey, and dermatology residency at Deaconess Medical Centers in St. Louis.

From President Phelps

"Dr. Drew's three-year service as board chair led to unprecedented accomplishments in ATSU's diversity efforts. The University will be forever grateful for his nine years of service and the energy he brought to meetings and events."



Dr. Lisette Dottavio entertains children with bubbles while they wait to be seen by physicians.

C. Lisette Dottavio, PhD, CPA

Years on the board: 2013-21

Hometown: Stephenville, Texas

Occupation: Senior tax accountant with Boucher, Morgan & Young

Background: Prior to becoming a certified public accountant, Dr. Dottavio earned a master's degree in alpine geomorphology and doctorate in remote sensing and was a program manager for NASA at the Goddard Space Flight Center in its unmanned satellite program.

From President Phelps

"During Dr. Dottavio's tenure, she played an instrumental role in strengthening ATSU's financial health and was known for always looking out for the well-being of our students. Thank you."

Did you know? ATSU's mascot Bucky, the Ram of Reason, was born and raised in Marion, Ohio.

FACULTY & STAFF NEWS

ATSU

Don Altman, DDS, DHSc, EdD, MPH, MBA, MA, '12, was named associate vice president, academic affairs, effective Jan. 1, 2022. Dr. Altman joined ATSU in 2006 and has served as dean of ATSU-CGHS since 2012.



Dr. Don Altman, ATSU

Elton Bordenave, PhD, MEd, was named interim director for interprofessional education and collaboration. Dr. Bordenave, associate professor, audiology, ATSU-ASHS, has been with ATSU for more than 20 years, serving as a faculty member and in administrative roles within Academic Affairs. He currently serves as director of the Center for Resilience in Aging.



Dr. Elton Bordenave, ATSU

Brigit Ciccarello, MA, was promoted to Institutional Review Board administrator for Research, Grants & Scholarly Innovations.

Brian Degenhardt, DO, director, A.T. Still Research Institute, was promoted to professor.



Maud Mundava, ATSU

Desiree Dugger, admissions coordinator, residential admissions, received the Arizona campus Employee Excellence Award for the fourth quarter of 2021.

Daniel England was promoted to financial aid specialist for Enrollment Services.

Jordan Farris was promoted to university assessment project manager for Assessment & Accreditation.

Kevin Helton joined ATSU Security as a security officer.

Stephanie Hettinger was promoted to assistant controller for Finance.



Dr. Kim Perry, ATSU

Brenda Jackson was promoted to senior administrative assistant for Academic Affairs.

Jill Matejcik was promoted to university accreditation project manager for Assessment & Accreditation.



Sarah Thomas, ATSU

Maud Mundava, MLS, MBA, joined A.T. Still Memorial Library's Missouri campus as head librarian and assistant university library director. Mundava previously served as director of library services at Cleveland State Community College.

Kim Perry, DDS, MSCS, FACD, associate vice president of strategic university partnerships and associate professor, was named a recipient of the National Dental Association (NDA) President's Special



Marcia Arbizu, ASDOH

Award for her support in advancing the NDA president's theme of "Forging and Fortifying Partnerships for Health Equity."

In addition, Dr. Perry contributed to the National Institutes of Health/National Institute of Dental and Craniofacial Research 2021 Oral Health in America Report, Section 5: Pain, Mental Illness, Substance Use, and Oral Health. **Hal Bright, MLS, AHIP**, university library director, A.T. Still Memorial Library assisted Dr. Perry with her literature review.

Corey Sanford, lead multimedia specialist, academic technologies, received the Missouri campus Employee Excellence Award for the third quarter of 2021.

Liz Sprout, employment coordinator, human resources, received the Arizona campus Employee Excellence Award for the second quarter of 2021.

Weston Smith was named assistant director for Enrollment Services.

Sarah Thomas, MSW, LCSW, was promoted to director of Behavioral Health & Wellness Counseling.

Ying-Fang Wang, PhD, was promoted to senior biostatistician for Research Support.

Ramey Weichelt was named manager of the Thompson Campus Center.

Brittany Williams, MS, was promoted to assistant director of the Teaching & Learning Center.

ATSU-ASDOH

Marcia Arbizu, MBA, was named director of integrated community service partnerships and continuing education.

Germaine Hendon, EdD, MS, was named director of education and student success.

Scott Howell, DMD, MPH, FSCD, '14, associate professor, director of public health dentistry & teledentistry, led efforts to develop the ATSU-ASDOH teledentistry website. The primary purpose of this site is to help patients be prepared for their teledentistry visits. Visit atsu.edu/asdoh-teledentistry to learn more.

Matthew Kahn, DDS, MS, FACP, was named director of advanced education in general dentistry.

Tannaz Malekzadeh, DMD, MAEd, was promoted to assistant professor of periodontics.

Jae Hyun Park, DMD, PhD, MSD, MS, professor and chair, postgraduate orthodontics, was appointed the American Board of Orthodontics Written Examination Committee chair.

Dr. Park and his research team, including **Curt Bay, PhD**, professor, biostatistics, interdisciplinary health sciences, ATSU-ASHS, and **Kathy Rushlo, MHA**, director, sponsored programs, Arizona campus, ATSU, received the 2021 Biomedical Research Award from the American Association of Orthodontists Foundation. Their project, "Accuracy, Reliability and Clinical Feasibility of AI-assisted Remote Orthodontic Tooth Movement Monitoring Technology," received \$30,000.

In addition, Dr. Park and co-authors from Chosun University in Gwangju, Korea, received the 2021 College of Diplomates of the American Board of Orthodontics Case Report of the Year Award for their article, "Maxillary molar intrusion and transverse decompensation to enable mandibular single-jaw surgery with rotational setback and transverse shift for a patient with mandibular prognathism and asymmetry."

Seena Patel, DMD, MPH, was promoted to director of oral medicine.

Heather Schneider, DMD, '17, adjunct professor, was named one of the Most Influential Women in Arizona for 2021 by *Az Business* magazine. She is Delta Dental of Arizona's dental director.

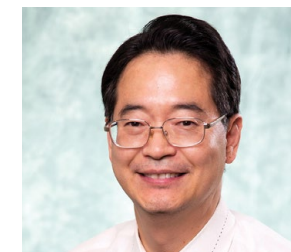
Maricela Segovia-Santoyo was promoted to specialist, preclinical education.

Ann Eshenaur Spolarich, PhD, RDH, FSCDH, professor and assistant dean for research, received the Education Award from the Special Care Dentistry Association (SCDA). The award honors outstanding individuals engaged in educating the next generation of oral health providers about caring for individuals with special healthcare needs.

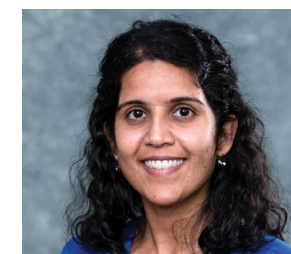
ATSU-ASHS

Rex Banks, AuD, '15, adjunct assistant professor, post-professional audiology, received the Moneca Price Humanitarian Award from the Canadian Academy of Audiology in recognition of his extraordinary humanitarian and community service.

María A. Centeno-Vázquez, PhD, CCC-SLP, joined the Department of Audiology and Speech-Language Pathology as inaugural program director for the developing Speech-Language Pathology program. Dr. Centeno-Vázquez received her doctorate in communication sciences and disorders



Dr. Jae Hyun Park, ASDOH



Dr. Seena Patel, ASDOH



Dr. Heather Schneider, ASDOH



Dr. Rex Banks, ASHS



Dr. María Centeno-Vázquez, ASHS



Dr. Kenneth Lam, ASHS

from the University of Cincinnati and most recently served as associate professor and program chair at Interamerican University of Puerto Rico.

Michelle DiBaise, DHSc, PA-C, DFAAPA, '14, chair and professor, physician assistant studies, was re-elected treasurer of the Arizona State Association of Physician Assistants. In addition, Dr. DiBaise was elected to serve on the National Commission on Certification of Physician Assistants Health Foundation Board of Directors. Her three-year term began Jan. 1.

Brittney Gray, MS, MS, PA-C, assistant professor, physician assistant studies, was elected a director at large of the Arizona State Association of Physician Assistants.

Troy Hale, AuD, was promoted to associate professor in the Department of Audiology and Speech-Language Pathology.

Pamela Kays, PT, DPT, EdD, assistant professor, director of curriculum, physical therapy, received the 2021 ATSU Innovation in Teaching for Learning Award.

Kenneth Lam, ScD, ATC, professor of clinical research, interdisciplinary health sciences, was named a fellow of National Athletic Trainers' Association for demonstrating outstanding professional scholarly achievement and service to the profession.

Virginia Little, PhD, MS, was named director of research for the Physical Therapy department.

Kelsey Picha, PhD, MS, AT, '14, assistant professor of clinical anatomy, interdisciplinary health sciences, was selected as a 2021-22 National Distinction Award recipient by the National Athletic Trainers' Association Career Advancement Committee. The award recognizes a young professional who embodies the committee's goals and mission through demonstrated service, professionalism, and competence leading to an immediate and definitive impact on the profession.

Melinda Rawcliffe, PA-C, adjunct professor, physician assistant studies, was elected president-elect of the Arizona State Association of Physician Assistants.

Teri Rorie, administrative assistant, audiology, received the Arizona campus Employee Excellence Award for the third quarter of 2021.

Marlene Salas-Provence, PhD, MHA, CCC-SLP, FASHA, FNAP, vice dean, co-published the second edition of her textbook, *Culturally Responsive Practices in Speech, Language, and Hearing Sciences*, in November 2021.

Tessa Tibben, DHSc, MS, PA-C, assistant professor, physician assistant studies, was elected a director at large of the Arizona State Association of Physician Assistants.

Christine B. Vining, PhD, CCC-SLP, joined the Department of Audiology and Speech-Language Pathology as director of clinical education for the developing Speech-Language Pathology program. Dr. Vining received her doctorate in special education from the University of New Mexico and served in multiple academic roles, including as a faculty member and clinician at the Center for Development and Disability, Department of Pediatrics, Health Sciences Center, University of New Mexico.

In addition, Dr. Vining was honored by the University of New Mexico College of Education and Human Sciences, her alma mater, for her significant contributions within her profession.

Lorie Weber, MS, PA-C, was promoted to assistant professor in the Physician Assistant Studies department.

ATSU-CGHS

Erin Breitenbach, PhD, MA, chair and associate professor, health education, was elected as a member of the American Interprofessional Health Collaborative (AIHC) Advisory Board by her colleagues at AIHC and the National Center for Interprofessional Practice and Education. In addition, Dr. Breitenbach received her master reviewer certification with Quality Matters.

Jimmie Flores, PhD, DM, MS, adjunct professor, health administration, completed a 10-month, 300-hour program to earn the certified professional co-active coach credential.

Marisa Hastie, EdD, ACSM, EP-C, FACSM, was named dean, effective June 1. Dr. Hastie is a professor of exercise science and program chair for Exercise Science and Fitness Management programs within the School of Health Sciences at Lasell University in Newton, Massachusetts. She has served as chair of the Lasell Faculty Assembly and has been an active member of various faculty governance committees.

Dr. Hastie earned her bachelor of science in exercise science, master of science in exercise and sports science with a concentration in biomechanics, and doctorate of education in educational leadership and pedagogy. She is a certified exercise physiologist and a fellow of the American College of Sports Medicine.



Dr. Christine Vining, ASHS



Dr. Jimmie Flores, CGHS



Dr. Marisa Hastie, CGHS



Dr. Daniel McDermott, CHC



Dr. Hong Chartrand, KCOM



Dr. Richard LaBaere, KCOM

Mary-Katherine McNatt, DrPH, MPH, MCHES, CPH, COI, chair and associate professor, public health, was appointed as a new Council on Education for Public Health councilor by the Association of Schools and Programs of Public Health Executive Committee. Her term began Jan. 1 and will end Dec. 31, 2025.

Patrick Palmieri, DHSc, EdS, MBA, MSN, ACNP, RN, '12, adjunct professor, health sciences, was appointed as a Fellow Ad Eundem of the Faculty of Nursing and Midwifery from the Royal College of Surgeons in Ireland (FFNMRCIS) in December. He was nominated for the impact of his health policy, leadership, nursing research, and mentoring in South America.

ATSU-CHC

Daniel McDermott, DMSc, '21, PA-C, '04, was named chair and director of the Central Coast Physician Assistant program.

ATSU-KCOM

Yingzi Chang, MD, PhD, was promoted to professor in the Pharmacology department.

Hong Chartrand, DPH, MPA, director, Area Health Education Center Program Office, was recognized as an exceptional reviewer for Preventing Chronic Disease journal for 2021.

Lary Ciesemier, DO, FAAAAI, FACOI, '97, professor and chair, internal medicine, was appointed to the American Osteopathic Board of Allergy Immunology. He has been an item writer for the allergy immunology board for 10 years. In addition, he was nominated for vice chair of the American Osteopathic Board of Pediatrics Conjoint Adult-Pediatric Allergy and Immunology.

Brianna Fountain, clinical education coordinator, Area Health Education Center Program Office, earned a master of health administration degree from ATSU-CGHS.

Leah Keller joined the Physiology department as an administrative assistant.

Richard LaBaere II, DO, MPH, FAODME, associate dean for graduate medical education, was elected to serve as chair of the National Board of Osteopathic Medical Examiners for a two-year term.

Robert Long, curriculum technician, medical education, received the Missouri campus Employee Excellence Award for the fourth quarter of 2021.

Mental health and the COVID-19 pandemic



By ATSU-CGHS faculty members:

Marsha Presley, PhD, MPH

Jaana Gold, DDS, PhD, MPH, CPH

Mary-Katherine McNatt, DrPH, MPH, MCHES, CPH, COI

The COVID-19 pandemic has not only resulted in significant loss of life and economic instability, but has also negatively affected people's mental health, particularly in young adults. The risk of suicide has increased steadily since 2000, but COVID-19 exacerbated the rise. Previous pandemics were also associated with increased rates of suicides. While restrictions and social distancing are obvious causes of loneliness and feelings of isolation, pandemics cause economic stress, barriers to mental health treatment, disturbances to familiar routines, and behavioral changes.

The current pandemic has been difficult for young adults. Approximately 62% of 18-25 year olds showed significant symptoms of anxiety, loneliness, stress, sleep deprivation, and depression. Behavioral changes include less physical activity, more screen time, and sleep that is mismatched with natural light and dark rhythms. Nearly a quarter reported an increase or start in substance misuse as a coping mechanism, almost a third of young people reported symptoms of COVID-19-related PTSD, and 25% of young adults experienced suicidal ideation. While these statistics reflect the early phase of the pandemic, studies found adverse mental health symptoms remained significant in late 2020, with 12% reporting a serious suicide attempt. Colleges across the country face an ongoing mental health crisis.

"How to maintain mental health" was the most commonly searched term globally in 2021 according to Google's "Year in Search." People want to know how to take care of their mental health. Adequate, quality, and equitable access to mental healthcare needs to be a top priority.

MENTAL HEALTH TIPS

- Talk about your feelings
- Recognize your needs
- Manage your time
- Practice relaxation (even a few minutes here and there)
- Exercise daily
- Get enough sleep
- Eat well and throughout the day (don't skip meals)
- Avoid alcohol and drugs
- Learn your triggers and how to manage stress
- Engage with green spaces (e.g., parks)
- Most importantly, ask for or seek help:
 - » [National Suicide Prevention Lifeline: 800.273.8255 \(TALK\)](#)
 - » [SpeakingOfSuicide.com/resources](#)
 - » [Substance Abuse and Mental Health Services Administration's \(SAMHSA\) National Helpline: 800.662.HELP \(4357\), text 435748 \(HELP4U\), or TTY 800.487.4889](#)
 - » ATSU students
 - [Mesa, Arizona: 480.219.6170](#)
 - [Kirksville, Missouri: 660.626.2751 or 660.626.2138](#)
 - [Online: \[atsu.edu/wellness-safety-resources\]\(https://atsu.edu/wellness-safety-resources\)](#)
 - » ATSU employees: Employee Assistance Program at mycigna.com or [877.622.4327](tel:877.622.4327)

Tim Ostrowski, PhD, was promoted to associate professor in the Physiology department.

Dana Nelson was named director of Still OPTI.

Tabitha Sawyer, coordinator, academic affairs, received the Missouri campus Employee Excellence Award for the second quarter of 2021.



Dana Nelson, KCOM

ATSU-MOSDOH

Grishondra Branch-Mays, DDS, MS, assumed the role of senior associate dean, academic affairs.



Dr. Grishondra Branch-Mays, MOSDOH

Joan Davis, PhD, professor and assistant dean for research, wrote the section on marijuana and oral health for the National Institutes of Health/National Institute of Dental and Craniofacial Research 2021 Oral Health in America Report, Section 5: Pain, Mental Illness, Substance Use, and Oral Health, Chapter 1: Status of Knowledge, Practice, and Perspectives.



Dr. Dwight McLeod, MOSDOH

Dwight McLeod, DDS, MS, dean and professor, was selected as a recipient of the St. Louis American Foundation Excellence in Health Care Award.

Ammar Musawi, MDS, BDS, was named assistant dean, preclinical education and simulation clinic.



Dr. Akshay Vij, MOSDOH

Akshay Vij, BDS, ACT, was promoted to associate professor.

ATSU-SOMA

Ann Cano, administrative assistant, retired from ATSU-SOMA on Aug. 13, 2021.

Samantha Fillerup was named executive assistant to the dean. She has been with ATSU-SOMA since April 2020 as a clinical education coordinator in the Clinical Education department.



Dr. Frederic Schwartz, SOMA

Kendra Gray, DO, assistant professor, clinical science education, received the James M. Lally, DO, National Emerging Leader Award, which recognizes early career physicians poised to become the next generation of leaders in medicine.

Breanne Jaqua, DO, MPH, '17, assistant professor, clinical science education, was elected chair of the Accreditation Council for Graduate Medical Education's (ACGME) Council of Review Committee Residents.



Dr. Christina Weaver, SOMA

As part of this election, Dr. Jaqua has a two-year term on ACGME's Board of Directors, which began September 2021.

Joy Lewis, DO, PhD, FACP, professor and chair, public health, and **Kate Whelihan, MPH**, instructor, public health, contributed to the textbook, Value-Added Roles for Medical Students, which is the second volume in the American Medical Association's MedEd Innovation Series.

Carolina Quezada, MD, was named assistant dean of clinical education. Dr. Quezada has worked with the School since 2013, first as a clinical preceptor and then as regional director of medical education, overseeing the California community health center site at Family HealthCare Network in Visalia.

Denise Sackett, DO, was promoted to associate professor in the Clinical Science Education department.

Frederic Schwartz, DO, FACFP, senior advisor to the dean and professor of family and community medicine, retired from ATSU-SOMA on Dec. 31, 2021.

Christina Weaver, DO, '14, assistant professor, was named assistant dean of innovation and clinical curricular integration. Dr. Weaver joined the School's faculty in 2018 and served as emergency medicine clerkship director in the Clinical Sciences department, Year 1 co-course director, and faculty development director.

Submit faculty & staff news to stillmagazine@atsu.edu

Still Magazine remembers those who have passed away and extends deepest sympathies to their families and friends. Visit stillmagazine.atstu.edu to read full-length obituaries.

1950s

Bruce C. Johnson, DO, '53
Sept. 17, 2021
Chelsea, Michigan

Robert L. Perry, DO, '54
Jan. 11, 2021
Redmond, Washington

Jack L. Shepler, DO, '54
Feb. 3, 2022
Bow, Washington

Dale R. Browning, DO, '55
Aug. 24, 2021
Ridgefield, Washington

Maurice E. Fuchs, DO, '55
Oct. 24, 2020
Hawesville, Kentucky

Howard Weinstock, DO, '55
Aug. 25, 2021
West Palm Beach, Florida

James P. Marshall, DO, '56
Dec. 3, 2020
Hendersonville, North Carolina

Fred R.I. Rollins, DO, '58
Oct. 1, 2021
Muskegon, Michigan

Jerry W. Scott, DO, '59
Sept. 9, 2021
Mishawaka, Indiana

Ralph V. Wimp, DO, '59
Aug. 14, 2021
Fulton, Missouri

1960s

Arthur J. VanDerburgh, DO, '60
July 5, 2021
Portland, Maine

Bobby G. Smith, DO, '62
June 2, 2020
Pantego, Texas

David W. Smith, DO, '62
Nov. 19, 2021
Lakewood Ranch, Florida

Robert F. Barnes, DO, '63
Jan. 8, 2022
Alva, Florida

Clay W. Gilbert, DO, '63
Feb. 5, 2021
Irving, Texas

Robert S. Lawson, DO, '64
Aug. 25, 2021
Tulsa, Oklahoma

Larry W. Bader, DO, '65
Nov. 1, 2021
Columbia, Missouri

James J. McCormick Jr., DO, '65
Nov. 21, 2021
Boca Raton, Florida

Mary Lou K. Bruns, DO, '66
Oct. 7, 2021
Rolla, Missouri

John E. Galewaler, DO, '66
Oct. 5, 2021
Whitesboro, Texas

William L. Graham, DO, '66
Dec. 17, 2021
Knoxville, Tennessee

George G. Carothers, DO, '67
Aug. 9, 2021
Ada, Michigan

Robb E. Imonen, DO, '67
March 3, 2021
Honokaa, Hawaii

James R. Shelburne, DO, '67
June 7, 2021
Land O'Lakes, Florida

Stephen D. Blood, DO, '68
Sept. 25, 2021
Alexandria, Virginia

Chester C. Suske, DO, '68
Sept. 9, 2021
Waterville, Maine

1970s

Charles W. Cunningham, DO, '71
Oct. 13, 2021
Salem, Missouri

Alan A. Allmon, DO, '72
Aug. 29, 2021
Sedalia, Missouri

Jeffrey M. Koerner, DO, '74
Aug. 12, 2021
Lakeland, Florida

Gregory J. McWilliams, DO, '74
March 3, 2021
Tulsa, Oklahoma

James A. Stapel, DO, '75
Jan. 28, 2022
Columbia City, Indiana

Jan M. Bennett, DO, '76
Sept. 26, 2020
Wellington, Florida

Steven Brinen, DO, '76
Dec. 23, 2021
Palm Springs, California

Shawn L. Berkin, DO, '77
Nov. 15, 2021
St. Louis, Missouri

Jay J. Frazier, DO, '77
Feb. 3, 2022
Joplin, Missouri

1980s

Barry S. Wagner, DO, '81
Aug. 25, 2021
Chattanooga, Tennessee

1990s

David C. Hogarty, DO, '99
Dec. 31, 2021
Goldsboro, North Carolina

2000s

James R. Carroll Jr., AuD, '00
Oct. 11, 2021
Lenoir City, Tennessee

Corby D. Ropp, DO, '01
July 23, 2021
Swansboro, North Carolina

Barbara S. Murphey, AuD, '04
Dec. 30, 2020
Plano, Texas

2010s

Larry A. Adolph, DPT, '10
Aug. 17, 2021
Findlay, Ohio

Michael R. Harshfield, MEd, '11
Dec. 8, 2020
Spring, Texas

Joy M. Valeriano-Byrd, MS, '11
Feb. 6, 2022
Stillwater, Oklahoma

William N. Talley IV, DPT, '13
Oct. 23, 2021
Albuquerque, New Mexico

Lynette Enoch-Hill, AuD, '14
April 18, 2021
Cincinnati, Ohio

Joseph L. McTernan, DHSc, '15
Jan. 24, 2022
Orchard Park, New York

2020s

Kimball Washburn, DMD, '20
Jan. 15, 2022
Queen Creek, Arizona

Friends

Timothy L. Lukavsky, DDS
Dec. 24, 2021
Mesa, Arizona

Hon. James R. Reinhard
Nov. 11, 2021
Hannibal, Missouri

PARTING SHOT: Husein Kovacevic & Andy Le

Speedcubing

ATSU-KCOM first-year medical student Andy Le (right) was 5 years old when his dad bought him his first Rubik's cube. He played with it for a few hours and became so frustrated, he threw it into his bin with his other neglected toys. Over the years, it collected dust in the corner of his room until fifth grade when he came across a YouTube tutorial. He was then able to solve the cube in about two minutes.

Le started improving his time in high school when he met a fellow classmate who was also into "cubing." He bought a speedcube, a newer version used in competitions, and more and more classmates began playing.

"We all taught each other how to solve it, and being as competitive as I was, I got it down to around 20 seconds," he says. "By the end of college, I was able to get it under 15 seconds."

In 2018, Le participated in his first speedcubing competition, held by the World Cube Association.

"You think you take this hobby seriously until you are competing next to a 13-year-old who can solve the Rubik's cube in less than 10 seconds," he says.

However, cubing has allowed him to make many friends who share the same hobby, including fellow ATSU-KCOM classmate Husein Kovacevic (left).

"Cubing has also been an excellent way to keep my hyperactive brain occupied," Le says. "It definitely comes in handy as a way to take off a little edge in school."

For Kovacevic, he first solved a Rubik's cube in seventh grade, also after watching a YouTube tutorial. It only took him a few weeks to learn how to solve it in 30 seconds. He says the most challenging part was remembering move combinations to get the pieces in the right spot.

"Being able to solve a Rubik's cube has helped me learn how to stay calmer under certain situations," Kovacevic says. "It has taught me to not panic and just trust the process."





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