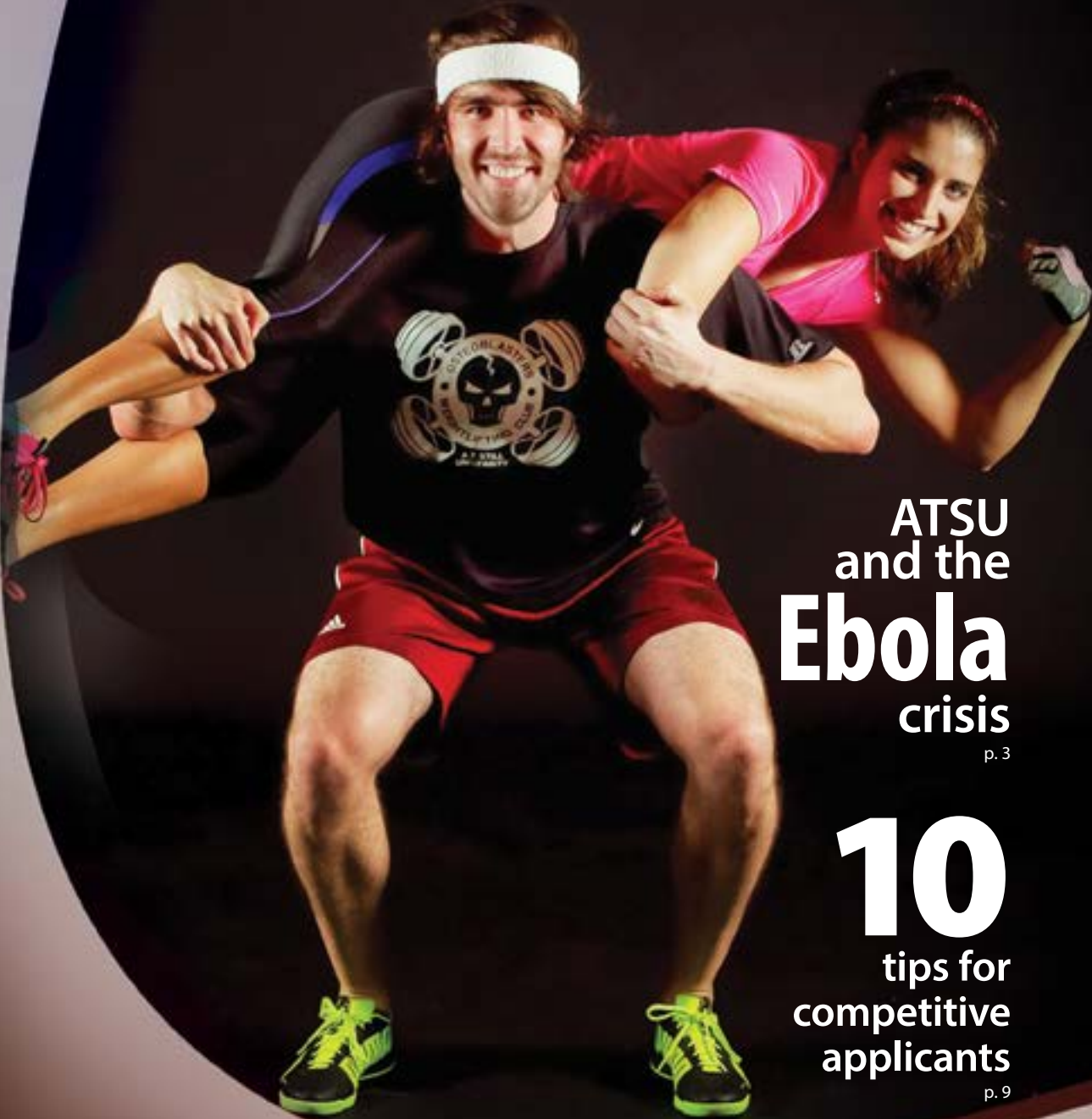


ATSU first impressions

Spring 2015 a magazine from A.T. Still University Admissions



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and the
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p.3

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tips for
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PUSHING physical limits p.4



ATSU first Impressions

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ATSU's power people push physical limits.

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See the fun from Founder's Day festivities on both campuses.

Students and community members participate in ATSU's 31st annual Reindeer Romp on Dec. 6, 2014.



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For ATSU-KCOM COMLEX board scores and postgraduate placement, visit www.atstu.edu/kcom/prospective_students.

For ATSU-SOMA COMLEX board scores and postgraduate placement, visit www.atstu.edu/soma/prospective_students.



On the cover



ATSU-KCOM students flex their muscles in Osteoblasters Weightlifting

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First Impressions is published twice a year for students interested in pursuing a career in health and making a difference in the lives of others. The magazine is published by Admissions and Communication & Marketing, A.T. Still University, 800 W. Jefferson St., Kirksville, MO 63501.

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A.T. Still University of Health Sciences serves as a learning-centered university dedicated to preparing highly competent professionals through innovative academic programs with a commitment to continue its osteopathic heritage and focus on whole person healthcare, scholarship, community health, interprofessional education, diversity, and underserved populations.

ATSU's mission



Please recycle.

academics
 campus
 community
 location

est.
1892

Kirkville College of Osteopathic Medicine

Biomedical Sciences

- Master of Science (MS)

Osteopathic Medicine

- Doctor of Osteopathic Medicine (DO)

est.
1995

Arizona School of Health Sciences

Athletic Training

- Master of Science (MS)
- Doctor of Athletic Training (DAT) – online/residential blend

Audiology

- Doctor of Audiology (AuD)
- Transitional Doctor of Audiology (AuD) – online

Occupational Therapy

- Master of Science (MS)
- Master of Science in Advanced Occupational Therapy (MS) – online
- Doctor of Occupational Therapy (OTD)
- Transitional Doctor of Occupational Therapy (OTD) – online

Physical Therapy

- Doctor of Physical Therapy (DPT)
- Transitional Doctor of Physical Therapy (DPT) – online
- Physical Therapy Neurology Residency – online/residential blend
- Physical Therapy Orthopedic Residency – online/residential blend

Physician Assistant Studies

- Master of Science (MS)
- Master of Science in Advanced Physician Assistant Studies (MS) – online/residential blend

est.
1999

College of Graduate Health Studies

Health Administration

- Master of Health Administration (MHA) – online/residential blend
- Doctor of Health Administration (DHA) – online

Health Education

- Doctor of Health Education (DHEd) – online

Health Sciences

- Doctor of Health Sciences (DHSc) – online/residential blend

Kinesiology

- Master of Science in Kinesiology (MS) – online/residential blend

Public Health

- Master of Public Health (MPH) – online – Dental Emphasis available
- Dental Public Health Residency – online

est.
2003

Arizona School of Dentistry & Oral Health

Dental Medicine

- Doctor of Dental Medicine (DMD)

Orthodontics

- Certificate in Orthodontics

est.
2006

School of Osteopathic Medicine in Arizona

Osteopathic Medicine

- Doctor of Osteopathic Medicine (DO)

est.
2013

Missouri School of Dentistry & Oral Health

Dental Medicine

- Doctor of Dental Medicine (DMD)



Walk the talk

When Gerry Keenan, MMS, PA-C, decides to help, he puts in 100 percent. Growing up with a special needs brother, Keenan has been involved for more than 40 years with Special Olympics, watching it transform into an international athletic competition with health promotion and screening. Now an associate professor in the Physician Assistant Studies (PA) department, he is taking his involvement to another level.

“Many people around ATSU have been involved with Special Olympics for a long time,” says Keenan. “I saw Dr. Jim Farris from the Physical Therapy department wearing a Special Olympics t-shirt one day, and I told him if he needed help to let me know.”

Since then, Keenan was all in. He currently serves as a clinical director for the Special Olympics’ health screening program Healthy Athletes. He also provides emergency medical coverage for other Special Olympic events, such as the Fall Games, and more recently was part of a special medical team that helped develop the Healthy Athletes program in Belize.

Not only is Keenan involved but so are PA students – as well as students from other disciplines. In fact, the Summer Games in Arizona are part of the PA curriculum. Keenan is working closely with Dr. Farris and others to further enhance this learning opportunity to become the ultimate IPE experience.

“I’m here to educate students who are exemplary in their skills and are dedicated to caring for the underserved,” Keenan says. “The best way I can do that is to walk the talk, and one of the most underserved groups is the intellectually disabled.”

Ebola: Inside the outbreak

Our world is in the midst of the worst Ebola outbreak in history and tensions are running high.

Ebola expert and ATSU-CGHS professor and chair Kathleen DiCaprio, PhD, has conducted years of research specifically on Ebola while working for the United States Army and Department of Defense. Her fascination with infectious diseases and her personal ties to the military inspired her field of research and led to the creation of one of five different treatments the U.S. government is currently considering as an experimental therapy for those infected with the virus.

Years ago, a woman in Germany working in a lab pricked herself with a needle while handling the Ebola virus. The treatment Dr. DiCaprio and her team developed was sent to her within 40 hours of the initial exposure. The woman suffered from a fever initially, but was cleared of all symptoms after the treatment.

It is not always possible to identify those with Ebola early because the initial symptoms may be non-specific. If one were to contract the virus and go untreated for 72 hours or longer, the mortality rate escalates to 100 percent, making it imperative to undertake the proper steps to contain the virus and ensure it does not spread. For those in high-risk areas, it is important to apply standard precautions consistently. That includes basic hand and respiratory hygiene.

“Right now it’s important that healthcare workers get the supplies they need. Without those supplies, public health measures have no use,” says Dr. DiCaprio.

This is no longer a crisis that is isolated to that of West Africa – this is now a global health crisis. It is important for the global community to work in partnership with other nations to help aid the fight against Ebola.



Dr. DiCaprio (second from left) at the United States Army Medical Research Institute of Infectious Diseases in the biocontainment (BSL-4) unit

© Riley Carlow/Washington Post

academics

“There was a time in my life when I was told by every professor and adviser that I shouldn’t go into medicine—that I would never make it,” says Jasser K.

Jasser spent the majority of his life in Chicago’s South Side. He lived primarily with his mom but also had four aunts and 17 first cousins all living within a one block radius. His family is his biggest influence in life – most notably, his father and uncle who both died prematurely due to what Jasser describes as a lack of a primary care physician. With both his father and uncle growing up in Brazil, primary care was rarely, if ever, provided.

Jasser’s family struggles are the driving force behind his desire to be a primary care physician. His desire to serve those in need fit perfectly with ATSU’s mission of serving the underserved, and he is now a second-year student at ATSU-KCOM.

Jasser says his life at ATSU is challenging, especially the workload, but he has a network of friends he knows will support him regardless of the challenges encountered. Growing up in an incredibly diverse community, the student body at his high school represented 60–70 different countries. He says diversity was one of the main reasons he chose ATSU.

“ATSU does an amazing job of finding kids from different walks of life and bringing them into one school to serve a common goal, but at the same time, not forget where they came from,” he says.

Jasser was heavily influenced by his mother’s family and their Palestinian heritage. The conservative nature of his family was a stark contrast to the liberal environment he was exposed to in school. He says elements from both cultures have made him who he is, understanding that in order to grow, he must adapt to the different shades of life.



Never say never

POWER PEOPLE

From ballfields and weight rooms, ATSU's power people share unique sports healthcare experiences. Connected by the desire to be better and help others go faster and get stronger, they provide healthcare to competitive athletes and are athletes themselves. And like those they train, they don't like to lose.

MAJOR COMPETITION

On Oct. 29, the San Francisco Giants made World Series history. Narrowly beating the Kansas City Royals 3-2 in Game 7, the Giants secured their third championship in the last five seasons. According to Carl Kochan, second-best was never an option.

The 2014 Fall Classic wasn't Kochan's first brush with the crown. When the Giants dominated the 2012 World Series after sweeping the Detroit Tigers, Kochan, MS, '12, a human movement alumnus, says he knew he had the coolest job in the world as the Giants' head strength and conditioning coach.

The 2012 win came during his first year in the Major Leagues, but it's not a victory he takes for granted. Alongside the players, a competitive Kochan works seven days a week from Valentine's Day to Nov. 1. He's on the field working all 25 ball players individually and as a team to improve their craft.

Kochan goes through a needs analysis and looks at everyone's prior health history. He always thinks about how he can keep his team healthy. Sometimes, he says, it's not even about strength training. Sometimes, it's about flexibility, seeing a massage therapist, and sometimes, it's about rest. Kochan's personal experience means the world's best athletes can trust him not only to provide the best healthcare, but also to catch a 90-mile-per-hour pitch.

"There are only 30 of my job in the world, and I have one of them," Kochan says. "I drive to a baseball field every day. And I get paid for it. It's the coolest thing in the world."

PINK AND POWERFUL

By appearances, human movement alumna Adrienne Berman, MS, '10, is the poster child of health and wellness. But her journey hasn't always been picture perfect.

Just a few years ago, Berman was an undergraduate, fervently studying, and living off junk food. She gained 40 pounds when she decided she needed to get fit fast. She joined a gym, stuck to a clean diet, and set her sights on the NPC Western Nationals, a bodybuilding competition.

She shredded the weight, but it wasn't easy.

Five years prior, Berman broke her back in five places, and her doctor said she would never be able to do strenuous activity again. Then, during her recovery her doctor discovered she had kidney cancer. Her dreams of trying out for the fire department seemed dashed.

Despite a grim prognosis, a resilient Berman persevered. Robbed of one of her kidneys, she recovered from surgery, rehabbed, and one year later had a spot with the City of Tempe Fire Department.

With a boost of confidence, and more determined than ever, Berman competed in the 2012 NPC show. Although she didn't place as well as she hoped, she reached her goals. Her physical transformation was so inspiring, she pursued another dream of becoming a personal trainer.

"I don't want to be 'the' best, I just want to be 'my' best and better than I was yesterday," she says.



© San Francisco Giants

Kochan keeps an eye on Ryan Theriot, who won the 2012 World Series with the Giants.



© Billy Aguirre

Berman was a high school athlete, playing fast-pitch softball and badminton and running track and field.



academics

Jantzi makes a sideline decision during an August game against Philadelphia.

POWERLIFTING PATHOLOGIST

As director of surgical pathology and associate residency program director of pathology at University of Missouri in Columbia, Shelly Frazier, DO, '98, is used to doing the heavy lifting – and not just in the lab.

Dr. Frazier splits her days between the gym and her job. For the past 10 years, she has gazed through a microscope, searching for signs of disease. Oftentimes, she provides a patient's final diagnosis. It's that kind of mental pressure and cerebral exercise that motivates Dr. Frazier for 5:00 a.m. cardio workouts and after-work weight lifting.

Running and lifting weights increased her sports performance, and perform in sports she has. But, weightlifting itself is Dr. Frazier's strength. Since 2012, she earned six women's powerlifting world records in the World Drug-Free Powerlifting Federation. She also holds 20-plus American records, all weight and age class restricted.

Dr. Frazier says her athlete's brain pushes her to finish well, whatever the cost. In spite of joint problems, she has completed an ultramarathon, numerous triathlons, qualified for three Boston Marathons, and ran two.

"Cardiovascular fitness and strength are so important to keep you moving the rest of your life," Dr. Frazier says.

ATHLETIC TRAINING ROOM FUN

Nine years as the physical therapist and athletic trainer at Texas A&M football, Matt Kee, PT, DPT, LAT, ATC, '05, says spending time with his 4-year-old daughter in the athletic training room helps him keep the all-important work/life balance that makes his hectic seven-day-a-week schedule manageable.

Trying to be the best, staying current, learning new things, and never reaching complacency are his goals. His work ethic is evidenced through long days at some of the country's best training facilities. From August to January, Dr. Kee's busiest day is typically a Tuesday and

begins at 7:00 a.m. First are morning treatments, followed by rehabs, then the pre-practice routine: taping, bracing, treatments. Then it's more rehabs and practice from 4:00-6:00 p.m. Post-practice treatments take nearly another hour.

Dr. Kee has worked with many great athletes. He recently spent three years working with 2012 Heisman Trophy winner Johnny Manziel, an NFL quarterback.

From the bleachers of Kyle Field, fans go wild for the maroon and white. With all the game day excitement in Aggieland, it's easy to forget how much time and effort the players and athletic department devote to the sport. Training, rehab, class, practice. Repeat.

BEAR DOWN

There's nothing like a Sunday night NFL game to get your adrenaline pumping – especially when you're standing on the sidelines with the Chicago Bears.

Assistant athletic trainer and physical therapist David Jantzi, ATC, PT, DPT, CSCS, '06, begins his day at a coffee-demanding 4:30 a.m. Strolling into the gym, he is dedicated to getting his own workout in before the Bears show up. Following his workout, his typical day begins with treating injured players. His evaluation of players helps the head ATC determine if physicals, MRIs, or X-rays are needed for the injured.

Before game day kick-off, he helps set up the field and players come in for treatments, taping, and warm ups. The rush starts when the game begins.

Monday after a game, Jantzi assesses the damage and reports to the head ATC who gives the coaches the best prognosis about where players are going to be before the next game.

"I love the rehab portion," he says. "I like being able to take a hurt player to getting back on the field. In the clinical setting you don't get that. Here, we're directly involved with getting them back on the field."



Tiffani D.
 First-year
 ATSU-SOMA student

What she can't live without



I have two sisters and two brothers with a large extended family. I look forward to spending time with them, especially during the holidays.



I've been active my whole life. School makes it difficult, but I always find time.



Chase T.
 Second-year ATSU-ASDOH student

Day in the life

- 6:00 a.m.** Wake up and workout
- 6:45 a.m.** Make coffee, eat breakfast, and get ready for school
- 7:45 a.m.** Arrive to the Dental Simulation Clinic
- 8:00 a.m.** Treatment plan with faculty members for any given case scenario
- 8:30 a.m.** Work with typodont inside mannequin
- Noon:** Lunch
- 1:00 p.m.** Continue treatment with mannequin in sim clinic
- 5:00 p.m.** Leave school and play soccer

A typical day ...

Hometown: Hartselle, Ala.

Career plans: I want to become a periodontist and promote holistic healthcare through my work.

Before entering ATSU-ASDOH: I graduated from the University of Alabama at Birmingham (UAB) with a BS in biology and minors in both chemistry and psychology. I received a MS in neuroscience from UAB where I conducted research on an in vitro model of Alzheimer's disease. I became a dental assistant at a periodontic office and worked there for a year. That led me to ATSU-ASDOH.

On ATSU-ASDOH: So far it's been one of the best decisions of my life. ATSU-ASDOH's mission to promote community leaders and critical thinkers in dentistry is important to me. ATSU-ASDOH taught me to think outside of the box and focus on whole person dental care and prevention. I am so happy to attend such an incredible school with like-minded friends and future colleagues.

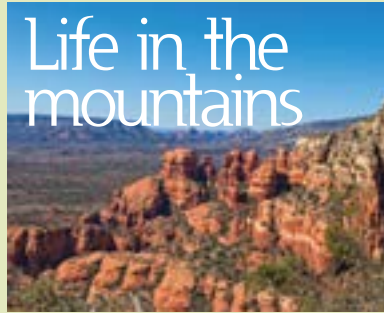
In his spare time: I enjoy fishing and kayaking. Arizona offers so many great hiking trails and camping opportunities. Music is a large part of my life as well, whether it's going to a concert or listening to vinyl records at home.

From the moment I interviewed, I knew ATSU was the school for me. I believe in its mission, and it is such an honor to be a part of it. I wanted to pursue a medical career that involves direct patient interaction. Osteopathic medicine is very patient oriented, and ATSU's focus on whole person healthcare made it an easy choice for me.

ATSU has such a welcoming, supportive environment that enables me to learn and grow. We are offered so many opportunities from the various clubs and organizations to the interdisciplinary collaborations at ATSU that help us become well-rounded physicians.



I am in love with Dutch Bros. Coffee in Mesa.



I'm from Illinois, so I definitely take advantage of being surrounded by mountains. I go hiking whenever possible.



We have close interactions with the faculty and students. Learning is easier when you know you have a support system like that.

campus

With one hand on a table, Patrycja W. lifted her small frame off the ground and held a jaw-dropping pose only an exceptional athlete could execute. Perfection from her smiling face to her pointed toes, she made a complex maneuver seem effortless.

"People often think you have to be really strong," she says. "It's actually all in the technique."

Since age 3, Polish-born Patrycja's world revolved around gymnastics. A natural athlete, she became the youngest Polish national champion in tumbling at age 17. One week before the world championships, an accident left her with a wrist injury and unable to compete.

"After my injury, I visited some friends in the United States," says Patrycja. "The experience totally changed my life."

Making the tough choice to pursue a U.S. education rather than continue with gymnastics in Poland, she started out at a community

college and then transferred to Loyola University in Chicago. She tumbled her way into chemistry, although it didn't come as naturally to her as gymnastics. Fortunately, with hard work and tenacity, she was accepted to a PhD program in nanochemistry.

During the third year of her program, though, she became severely allergic to some chemicals and had to choose another career path. That choice landed her in Kirksville as a member of the first class at ATSU-MOSDOH.

Now in her second year of dental school, she's confident in the decisions that brought her here and transformed her from a Polish athlete to a U.S. dental student.

The technique of choice



Although she no longer competes professionally, Patrycja still tumbles and stands on her hands.



pinboard

#ATSUpriide

George Blue Spruce, DDS, Hero Healer Luncheon Series

Always opening his talks in his native language, Dr. Blue Spruce tells charming anecdotes of the two questions he gets asked the most: How and why did you become a dentist? ATSU President Craig M. Phelps, DO, '84, officially announces the inspirational and educational luncheon series is now named in Dr. Blue Spruce's honor.



Dr. Rice

Tinning Founder's Day Osteopathy Lecture

E. Lee Rice, DO, FAAFP, FAOASM, '73, presents "Osteopathic Medicine: Wellness on Steroids," with encouraging stories on how the body, mind, spirit unison has positively affected his family.

Still-A-Bration

Friday night's food and fun celebration featured a bonfire, bounce house for the kids, and Jeopardy-like history trivia competition, Osteoblast from the Past.

Reunions

The ATSU-KCOM class of 1989 receives silver pins in honor of 25 years of dedicated service.

The ATSU-KCOM class of 1964 receives gold medallions in honor of 50 years of dedicated service.



Women's flag football

The annual tradition of women's flag football pits first-years against second-years for championship bragging rights. On the sidelines, guys dressed as girl cheerleaders rooted for their teams. The second-years won 13-7.



Joshua T., D4
ATSU-ASDOH

Casey T., PA, '16
ATSU-ASHS

Bucky

Lynzi W., PA, '16
ATSU-ASHS

Alyssa S., AT, '16
ATSU-ASHS

"Founder's Day reminds me of A.T. Still and his legacy of finding a better way to practice medicine. I'm very proud to be part of that legacy."
- Joe S., OMS I (ATSU-SOMA)

Arizona's Fall Fest

The day-long, family-friendly event on the Arizona campus included zero gravity and interactive games, giant slides and obstacle courses, and face painting.

the competitive applicant

Be well-rounded.

- Focusing on academics is essential, but you should also participate in activities you enjoy, even if they aren't healthcare related.

Gain experience through extra-curricular activities, including shadowing and clinical experiences.

- Exposure to the healthcare environment is critical, as well as interaction with patients and practitioners.

Take advantage of leadership opportunities.

- Leadership shows commitment to your activities and the quality of your experiences.

Build relationships for letters of recommendation.

- Get to know your professors and others who work closely with you.

Volunteer for community service activities.

- Show your compassion for helping others and enthusiasm for your chosen profession.

Before applying, research the school.

- Make sure ATSU's mission and culture align with your personality and philosophy.

Know prerequisites/requirements of the program.

- Be aware of this information early in your college career so you aren't struggling to meet requirements, which could delay graduation.

Be aware of application deadlines.

- Don't wait until the deadline to apply or classes may be filled.

Demonstrate passion/conviction for becoming a healthcare professional.

- Explain your motivation for your profession, including any obstacles you have overcome.

Proof all materials prior to submission.

- Use resources available to you such as a writing center or someone with exemplary writing skills.

ATSU considers many factors when looking at applicants. Grades and test scores are important, but that's only a part of the bigger picture. The following tips will help you become a stronger candidate and stand out from the competition.

for reference

{before} the interview

- Research the school, its mission and philosophy.
- Verify the time/date/location of interview.
- Review your file/experiences/application.
- Avoid jargon/slang/acronyms. Spell these out to avoid confusion or misinterpretation of your activities outside of class.

{during} the interview

- Interact with other applicants and staff.
- Make a positive first impression.
- Use a professional folder, attaché, or bag.
- Use appropriate etiquette.
- Listen attentively and take notes.
- Be prepared to ask questions of interviewers.
- Be confident in yourself, but not arrogant.
- Turn off your cell phone, or better yet – leave it in the car.

{after} the interview

- Send written thank you notes to interviewers (take care to spell names and titles correctly).
- Verify the status of your application.
- Be gracious to those you speak with via email or phone.
- Be honest if you are up against a timeline, but understand we may not be able to meet it.

Helpful interview tips

When selecting applicants, ATSU considers all communication with perspective students in its decision. These before, during, and after hints from our admissions counselors can help you ace your interview.



Living “Le Rêve”

Twice a day, five days a week, Grzegorz Ros puts on his makeup and costume, or lack thereof, and starts his warm-up routine. His adrenaline crescendos as he hears the 30-, 15-, and five-minute warnings to the top of the show.

Then, the stage manager announces, “This is your place call!”

“We jump out from under the water, right in front of the audience,” Ros, DPT, explains. “Then, we swim to the tree and perform an act of climbing, jumping, swinging, and hand balancing – and that’s just the first five minutes.”

In his 25-year career as an acrobat,

Dr. Ros was a professional athlete in Poland before plunging into show business. Competing in gymnastic acrobatics, he was champion of Poland and a member of the Polish national team, even winning medals at the European and world championships.

“I have always been mesmerized by circus arts,” says Dr. Ros. “So as soon as I decided to finish my sports career, I joined a modern circus company in Poland.”

He worked in countries across Europe for two years before joining the cast of “Le Rêve,” a recurring show at the Wynn Las Vegas Resort. Translated as “the dream,” it was voted “Best Show in Las Vegas” four times in a row.

Performing 10 shows a week, nearly 500 per year, is a workout in itself.

Still, to ensure he maintains his technical skills,

strength, and balance, Dr. Ros follows a daily fitness routine of handstand push-ups, pullups, and presses to handstand.

“I put a lot of effort into injury prevention,” says Dr. Ros, who earned his doctor of physical therapy degree from ATSU-ASHS in 2013.

His understanding of physical challenges also helps him offstage as a part-time physical therapist at Summerlin Hospital in Las Vegas. Whether in the hospital or on the stage, Dr. Ros finds men and women of all ages and nationalities who teach and inspire him. He’s grateful he can share his passion with these individuals, and passion is crucial in his line of work.

As the show goes on, he and his co-workers create a dazzling 75-minute spectacle that keeps audiences in awe and reverie. Dr. Ros pushes his physical limits to the max and really lives “Le Rêve.”

“Le Rêve” takes place in a round aqua theater within the Wynn Las Vegas resort.

© Peter Chmiel

Brian Goodman, DO, MBA, '14, began his journey at ATSU-SOMA with one goal in mind: to return to his childhood community and practice medicine. Now completing his first year of medical residency at Mountain Vista Medical Center in Mesa, Ariz., he is well on his way to reaching his goal.

Prior to medical school, Dr. Goodman was on a highly successful career track working for a major for-profit educational institution in Phoenix. But he always yearned to return to his childhood roots in a small, rural town in northern Arizona.

The field of osteopathic medicine underscored Dr. Goodman's dream of infusion within his childhood community, and the culture at ATSU-SOMA fit the mold of his vision for medical school, so he applied.

Dr. Goodman considers himself fortunate to graduate medical school so close to home. He even completed three of his four years of training at one of the School's community health center partner campuses, North Country Healthcare, in Flagstaff.

There are many difficult transitions from medical student to resident – a sudden increase in responsibility, a new title, and a lack of sleep – but one thing has remained the same for Dr. Goodman: “I absolutely love being around patients,” he says. “My medical journey has been very challenging, and at the same time, one of the most rewarding things I have done. It is like life has come full circle.”



Dr. Goodman is on track in reaching his goal of moving back to his hometown. He just completed his first rotation in general surgery and will begin his second in outpatient family medicine.

community

College of Graduate Health Studies



Katherine Adler, DHA, FACHE, the associate dean of academic success and assessment at ATSU-CGHS, discusses the University's graduate online programs as well as the faculty and learning environment.

YouTube

Broadcast Yourself™



Fighting fire with physical therapy



DPT students attend the spring pre-screening for the Mesa Fire Department's new recruits.

In an effort to prevent musculoskeletal injuries among Mesa firefighters, ATSU's Physical Therapy program is uniquely collaborating with the Mesa Fire and Medical Department. Doctor of physical therapy students (with PT faculty) monitor, assess, and correct movement patterns of various fire ground activities during the spring and fall fire academies. Students, working directly with firefighter recruits, provide functional movement screenings, joint mobility measurements, and strength tests.

"Students have the opportunity to develop a better understanding of working with the industrial athlete," says Cory Manton, PT, DPT, assistant professor, ATSU-ASHS. "They are learning first-hand about the physical demands of being a firefighter and how those demands impact the musculoskeletal system."

Eleven countries, 15 mission trips, and four more on the docket: April Westfall, DMD, '10, has no shortage of stamps in her passport.

"My very first mission trip was my first year of dental school," Dr. Westfall recalls. "An upperclassman presented me with an opportunity to visit Costa Rica and Panama during spring break."

After that, she was hooked.

"I went to Peru a few months later and knew I would do this the rest of my life," she says.

Each trip boasts a unique and special memory to Dr. Westfall. But one left her with a particularly fond memory. In 2012, while on a mission trip to the Dominican Republic, she and another dentist were left stranded for an extra two days as a result of Hurricane Sandy.

A dental lab technician introduced himself to Dr. Westfall and her colleague. When they discovered the technician owned a lab, they immediately thought of a 12-year-old girl they had just treated.

"The young girl had developmental issues, did not have most of her permanent teeth, and the primary teeth she did have were grossly decayed," says Dr. Westfall.

In just two days, the product of three

Grins off the grid



Dr. Westfall visits an orphanage, home to 165 children, in Yei, South Sudan, in September 2013. She was the first dentist to visit them since its establishment 14 years prior.

visionaries and an improvised prosthetics lab made an incomparable difference for the young girl. The result was a set of partial dentures created from makeshift dental burs constructed with borrowed Dremel bits from a local nail salon.

Averaging four mission trips annually, Dr. Westfall still commits to working four times a year, for one month at a time, with Yukon-Kuskokwim Health Clinic in Bethel, Alaska, as a temporary interim dentist. She travels to remote villages, providing oral healthcare to Alaska Natives who would not otherwise have access to a dentist.

Showing no indication of slowing down, Dr. Westfall is just as enthusiastic about her upcoming off-the-grid missions as her first.

Take 5 with Dr. Abdenour

Tom Abdenour, DHSc, MA, ATC, '11, is recognized as a leading athletic trainer in the nation. He brings nearly 40 years of experience in athletic training and has been honored with multiple awards including the NBA's Athletic Trainer of the Year and the National Athletic Trainers' Association's Most Distinguished Athletic Trainer Award. Dr. Abdenour now calls San Diego State University home and serves as the university's head athletic trainer.

Q ■ What are some of your favorite highlights from your 24 seasons with the Golden State Warriors? What were some challenges?

A ■ The biggest highlight is simple: This was a great opportunity to interact with some wonderful people as players, coaches, and administrators. Yes, there were a couple of buzzer beating wins (and losses), and I was fortunate to represent the United States as an athletic trainer in the 2000 Olympics.

The challenges were essentially the same that any athletic trainer faces: preventing injury or trying to get someone back in play after an injury.

Q ■ How did you land your current position at San Diego State University?

A ■ I knew moving to intercollegiate athletics was something I wanted to do when I left the NBA. The timing was good, and I was just about to wrap up the Doctor of Health Sciences program [at ATSU].

Q ■ Describe the transition from professional basketball to collegiate-level athletics.

A ■ I was at the collegiate level for nine years before going to the NBA, so the transition was easy.

Q ■ What would you tell athletic trainers who are trying to achieve a career as successful as yours?

A ■ Athletic training has been very, very good to me. There is no secret to success. Work hard, expand your horizons, get your hands dirty, and position yourself to grab the brass ring if you can.

Q ■ What is your favorite sport to play and watch?

A ■ I was not very athletic growing up, but I grew up in a great sports town – Detroit, Mich. Plus, the University of Michigan and Michigan State University were not far away. I guess it's most fair to define my favorite as "D: all of the above."



Ready, set, pose



Dr. Fife demonstrates the Warrior II yoga pose.

For David Fife, DO, '06, preventive medicine was an inspiration for his new entrepreneurial venture.

After sustaining a sports-related back injury, the 6-foot, 4-inch Dr. Fife tried just about every available treatment to find relief. Finally, in a last-ditch effort to ease his pain, he underwent surgery. Though the procedure provided some comfort, he still experienced chronic pain.

"I couldn't get any long-lasting relief for my pain until I tried hot yoga," says Dr. Fife.

Like traditional yoga, hot yoga focuses on a series of poses and breathing exercises. However, hot yoga is performed in a studio with increased humidity and heat reaching up to 105 degrees. The elevation in temperature can create a more intense yoga experience, increasing joint lubrication and muscle flexibility.

Dr. Fife's relief was enough to convince him and his wife that others could benefit from weekly yoga. The husband-wife team visited several yoga studios in Arizona's East Valley, but they were missing an important component.

"We wanted to incorporate osteopathic medical principles into a yoga studio to make sure we addressed mental and behavioral health and to create a place to encourage preventive health," he says.

Dr. Fife and his wife opened Hot Pepper Yoga with partners Drs. Dan and Jarilynne Merrill. While he and his partners do not instruct classes, Dr. Fife does work with registered instructors every quarter to review sequences and introduce new poses and ensure osteopathic methods are always included.

Says Dr. Fife, "Life can get better if we nurture our body, mind, and spirit – yoga can be a huge part of that."

Things to do



Thousand Hills State Park
Explore 3,215 acres and visit the marina, beach, dining lodge, trails, cabins, and American Indian petroglyphs. Don't forget camping and fishing.

Go downtown
Enjoy local wares at the farmers market, catch a flick at the Downtown Cinema 8, and grab a Palonza at Pagliai's Pizza.

Kirkville Arts Association
View monthlong exhibits in the gallery, take a community art class, and enjoy the theatrics of Curtain Call Theater.

Kirkville Aquatic Center
Bring the family, splash around in wave pools, and jet down curvy water slides.

Kirkville Country Club & Golf Course
Relax with 18 holes, plus a driving range, pool, lounge, and restaurant.

Thunder Ridge MX Park
Dirt bikes and ATVs soar on this 1.7-mile natural terrain race track.



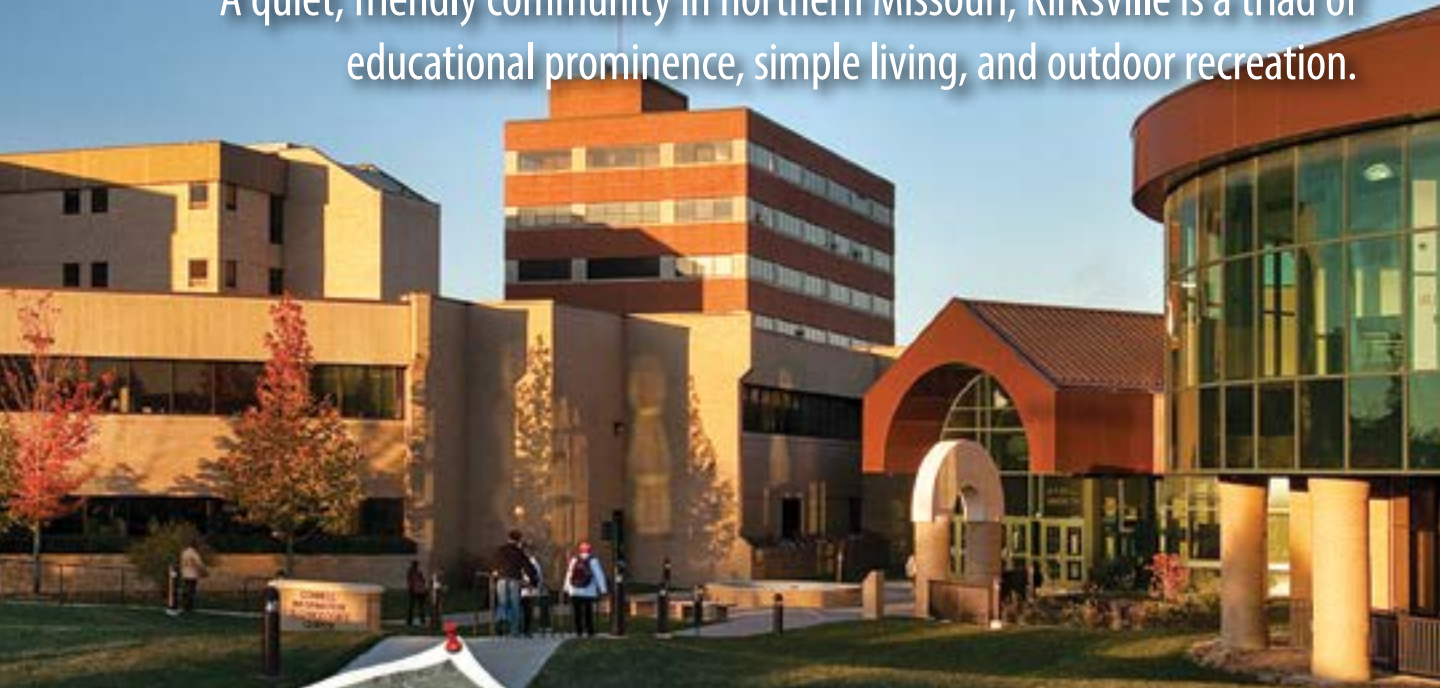
Day trips

Within a few hours you can be in one of these great cities, enjoying the sites, shopping, and restaurants.

- 90 miles to Columbia
- 122 miles to Jefferson City
- 180 miles to Kansas City
- 214 miles to St. Louis



A quiet, friendly community in northern Missouri, Kirksville is a triad of educational prominence, simple living, and outdoor recreation.



Kirksville, Mo.

Fast stats

Population	17,469
Average temperature	January 32°F, July 86°F
Cost of living index	81.9 (low, U.S. average is 100)



Theresa J., a first-year ATSU-MOSDOH student, enjoys getting coffee in downtown Kirksville.

Theresa's fave five

The farmers market on Saturday mornings

Bonzai Teriyaki & Sushi restaurant

- 5.
- 4.
3. Retail therapy on the town square
2. Relaxing at Thousand Hills State Park
1. The people (community, students, staff, etc.)

Day in the life

First impressions of ATSU-MOSDOH

"I was impressed! ATSU has state-of-the-art technology and resources. Our exams are taken on our iPads, and our clinics are all digital. Our world is constantly evolving. It's good to feel ahead of the curve."

Dance like nobody's watching

"There is always something going on. I was a professional dancer for Universal Dance Association, so one of my favorite hobbies is dancing. I usually participate in osteoblasters and spin class. I'm the only one doing plies instead of squats though!"

Inspiration from overseas

"I received my undergrad from the University of Arkansas. I discovered my passion for oral health while tending to those in need in the Commonwealth of Dominica. I was fascinated by the cranial nerves and oral pathology. It led me to pursue a career in oral health at ATSU."

location

Things to do

Fast stats

Population 446,518
 Average temperature January 67°F, July 106°F
 Cost of living index 92.2 (low, U.S. average is 100)

Apache Trail

Arizona's historic and scenic Route 88 winds through deserts and mountains, by cliff dwellings, along lake shores, and through old mining towns and beautifully eroded canyons.

Saguaro Lake

Visit Precision Marine and rent a boat, take a relaxing Desert Belle Paddleboat tour, then eat at the yummy Lakeshore Restaurant.

Mesa Arts Center

Live performances, contemporary art galleries, and 400+ performing and visual arts education classes are sure to entertain.

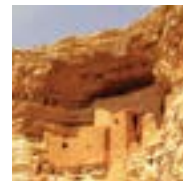
MLB-Athletics Spring Training games

Mesa is the place to be for A's spring training action every March. The Oakland Athletics play at Hohokam Park, centrally located in Mesa and convenient from all areas of the Valley.

Salt River tubing

A recreational paradise offering "chills and thrills," you can enjoy a "floating picnic" and experience the natural wonders of the river — wild horses, big horn sheep, great blue herons, and majestic mountains.

Mesa shines as a desert



Day trips

Jaunt to one of these great locations for spectacular views and can't-be-missed outdoor action.

- 49 miles to Superior
- 104 miles to Oracle
- 107 miles to Camp Verde
- 118 miles to Sedona



urban retreat where landscapes are legendary and tradition and heritage are valued.

Mesa, Ariz.



Alwin L., a first-year ATSU-SOMA student, loves music and is a classically trained pianist.

Day in the life

First impressions of ATSU-SOMA

"The faculty and staff were supportive, kind, and helpful. It eased my transition to a new life in Arizona. I was especially impressed with their virtual 3-D anatomy lab."

Life before ATSU

"I graduated from the University of California-Berkeley after studying psychology and music. I worked for a year in East Oakland as an AmeriCorps member teaching eighth-grade English and math for urban underserved populations."

Unconventional wisdom

"I want to share my experiences and offer my perspective on the life of a typical osteopathic medical student to prospective applicants. As a student who came in with a humanities and arts degree, I want to reassure similar students that you can get into and succeed in medical school without being a science major."

location

Alwin's fave five

5.

Playing the piano – I'm a classically trained pianist, and I play almost every night.

4.

Hiking in Usery Mountain Regional Park

3.

Rooting for the San Francisco 49ers and Golden State Warriors

2.

99 Ranch Supermarket – I buy all my groceries there.

1.

Cooking – I enjoy cooking Chinese food and trying out new foods at restaurants.

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St. Louis Dental
Education and
Oral Health Clinic**

