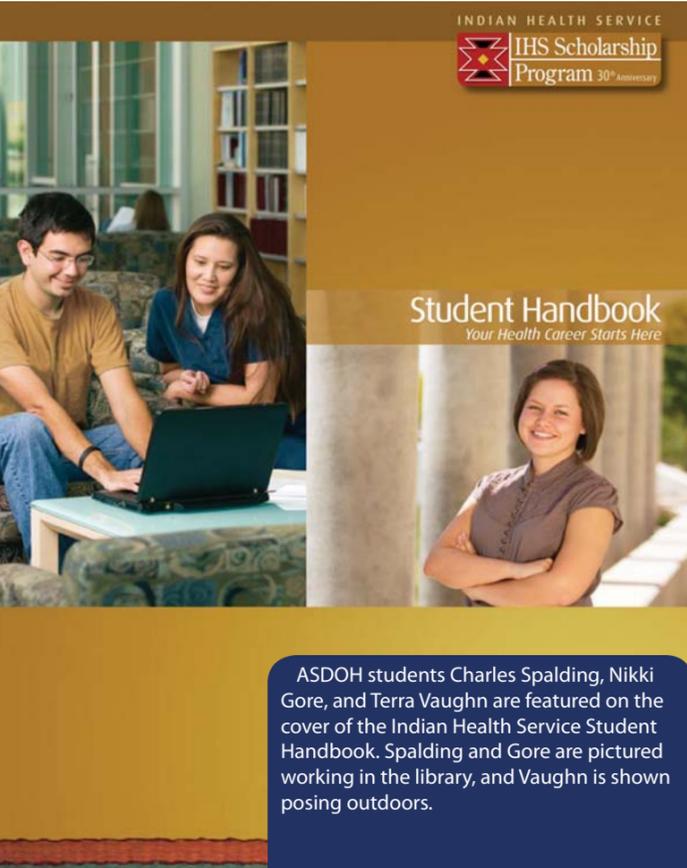


## 30th Annual Osteopathic Fun Run



**Saturday, April 12, 2008**  
 10k, 5k, 1-mile fun run/walk, & Kid's Run  
 baby strollers welcome, babysitting provided  
 All proceeds donated to American Cancer Society  
 Participants receive long-sleeve T-shirt  
 (excluding Kid's Run participants)  
 Register at the TCC or online at active.com  
 Prize raffles

register at active.com  
 onsite registration begins at 7:30 a.m.  
 race begins at 8:30 a.m.



INDIAN HEALTH SERVICE  
**IHS Scholarship Program**  
 30<sup>th</sup> Anniversary

**Student Handbook**  
*Your Health Career Starts Here*

ASDOH students Charles Spalding, Nikki Gore, and Terra Vaughn are featured on the cover of the Indian Health Service Student Handbook. Spalding and Gore are pictured working in the library, and Vaughn is shown posing outdoors.

Your news is StillNews. Students, if you have news to pass along, email Lee Cashatt at [lcashatt@atsu.edu](mailto:lcashatt@atsu.edu). Design: Hector Contreras.

**Our Mission**  
*Consistent with the University's heritage as the founding school of osteopathic medicine, the mission of A.T. Still University is to educate students to become competent healthcare professionals who continuously develop and demonstrate compassion, integrity, and ability, while advancing osteopathic principles and philosophy. The institution is committed to scholarly inquiry that anticipates and addresses society's healthcare needs. The University encourages its constituencies to become leaders in improving community health and wellness with a comprehensive appreciation of the interaction of body, mind, and spirit.*

# Still News

March 2008

A.T. STILL UNIVERSITY | ATSU

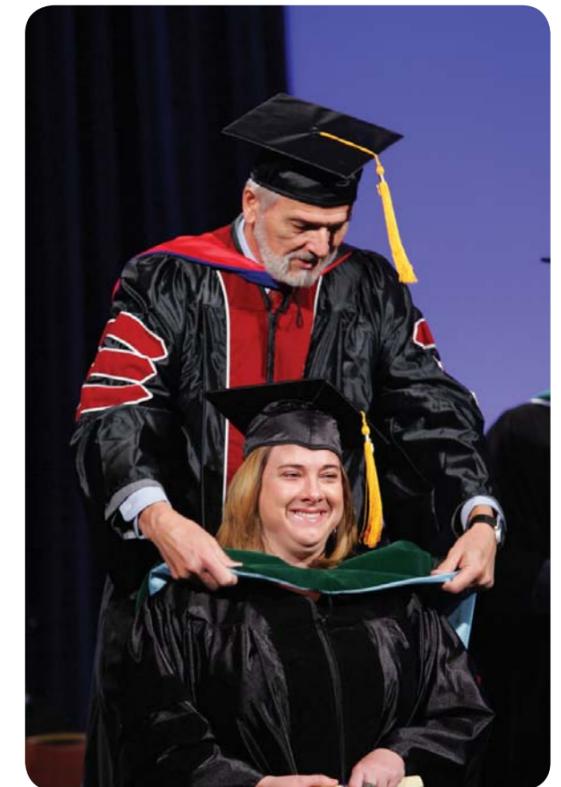
## ASHS Graduates



Two hundred fifty-four Arizona School of Health Sciences students attended commencement ceremonies on Saturday, March 8, at the JW Marriott Desert Ridge Resort & Spa in Phoenix, Ariz.

One advanced master's occupational therapy student, 30 advanced physician assistant students, 43 transitional doctoral physical therapy students, and 130 transitional doctoral audiology students were addressed by Associate Provost O.T. Wendel, Ph.D., Provost Craig M. Phelps, D.O., '84, and Dean Randy Danielsen, Ph.D., PA-C, DFAAPA. Karl R. White, Ph.D., professor of psychology and special education and director for the National Center for Hearing Assessment and Management at Utah State University, presented the keynote address.

"Dr. White was amazing and awesome, and as a graduate I really appreciate that," Lori Bordenave, D.P.T., PT, acting chair, physical therapy said.



# PTs research oxygen consumption

To better understand the body's response to exercise, third-year PT student Janet Staples began a study of oxygen consumption in healthy individuals ages 25 to 90 during simple passive and active arm and leg movements. "These are basic range of motion exercises that physical therapists perform with patients in the hospital who are very weak," said Associate Professor of Physical Therapy Pam Bosch, Ph.D., PT.

Dr. Bosch, who is directing the study, observed that there are no values for energy expenditure during simple range of motion exercises. "Exercise capacity is highly associated with all-cause mortality, even more so than history of smoking or a cardiac history," she said. "It is important to begin rehabilitating patients as soon as possible and equally important to understand the effect of our interventions on critically ill patients."



Associate Professor of Physical Therapy Pam Bosch, Ph.D., PT, checks on a female patient.



Third-year D.P.T. student Janet Staples tests a patient using a metabolic cart, a tool for measuring exhaled gases, to calculate oxygen consumption by the body during activity or at rest.

## Above & Beyond

KCOM's Above & Beyond Humanitarian Awards acknowledge individuals demonstrating special caring, compassion, or support for others. Six members of the KCOM family were honored with Above & Beyond Awards on February 18.

Second-year students Alan Heincker, Rhett Crapo, and Michael Brown were nominated for Above & Beyond Awards by Jeff Suzewits, D.O., M.P.H., for their diligent work on the automated regional match system.

Curtis Nielson, OMS II, was nominated by Jared Chase, OMS II, for his willingness to assist fellow classmates. "Curtis drops whatever he is doing to help," Chase said.

Nathan Nielson, OMS II, was nominated Josh Storey, OMS II, for helping KCOM students secure free access to the Aquatic Center.

OMM Chair Michael Lockwood, D.O., was nominated by first-year student Jennifer Hicks for volunteering medical services in Afghanistan. "Dr. Lockwood is an inspiration and a role model for students interested in international medicine and humanitarian aid," Hicks said.



Left to right: Jared Chase, Curtis Nielson, Michael Lockwood, D.O., and Jennifer Hicks. Not pictured: Alan Heincker, Rhett Crapo, Michael Brown, and Nathan Nielson.

# Independent learner praises SHM

Gerry Walker's passion is her family. She is a wife, mother, and granny first. With four grandchildren, a dog, two cats, two fish, seven ducks, and 32 chickens, she still finds time to garden, pan for gold, and travel. "Life is too short not to have fun," said Walker, who teaches her grandsons to stomp in mud puddles and jump in heaping piles of autumn leaves.

Walker's other passion is teaching. She is the first in her family to earn a college degree, and in May 2009, she will earn her doctorate in health education from the School of Health Management. A Registered Nurse who teaches nursing at Park University in Parkville, Mo., Walker made a promise to herself when she began teaching that when she no longer enjoyed going to work she would quit. "No one deserves a cranky teacher," she said.

The online format at SHM allows Walker to remain a grounded family woman, passionate nurse educator, and busy student. "I am thankful I can go to school at 4 in the morning. If it were not for the online environment I would not be in school right now." Walker most enjoys online discussions and faculty feedback. She feels opportunities for class participation online far surpass that of the traditional classroom. "There is always help when I need it, and I am encouraged to be the independent learner I am."



"I found early in my nursing career that in order for nurses to be their very best they need educators willing to give all they can to students," Gerry Walker said.

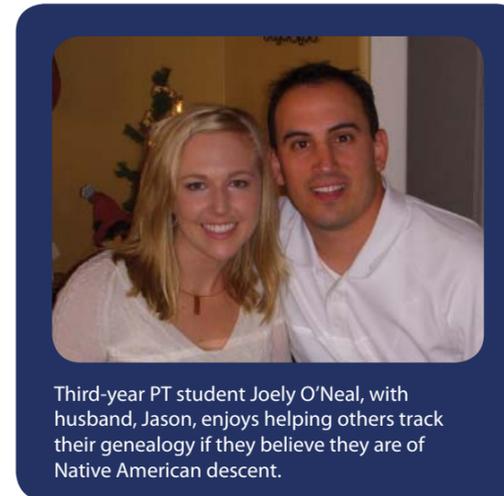
"No one deserves a cranky teacher."

## O'Neal celebrates her heritage

"Most people look at me and don't understand how a pale-skinned, blonde girl can be Native American," third-year PT student Joely O'Neal said. "But I am very much so." After discovering both her mother's parents were Cherokee Indian, O'Neal registered with the Cherokee Nation and applied for the Health Professions Scholarship through Indian Health

Services. She was one of few students awarded the full scholarship in 2007. "This scholarship is very important to me because not only has it made my life less stressful financially," O'Neal said, "but it has also made me realize how much I am looking forward to working with the Native American population post-graduation."

O'Neal plans to be a physical therapist in a pediatric setting after graduating from ASHS in 2009. "I will be working with either the local Native American population or will move to the East coast to work on the Cherokee reservation." She said she is looking forward not only to providing physical therapy to those who need it, but also to providing healthcare education on nutrition, exercise, and living a healthy lifestyle. "I am very passionate about nutrition," O'Neal said. "I believe many illnesses are caused by the consumption of certain foods and many can be prevented the same way."



Third-year PT student Joely O'Neal, with husband, Jason, enjoys helping others track their genealogy if they believe they are of Native American descent.

"Most people look at me and don't understand how a pale-skinned, blonde girl can be Native American."

## TCC Winter League Racquetball final standings

### Advanced Division

1st place: Royce Cook (Town)  
2nd place: W. Scott Cragun (Class of 2011)  
3rd place: Nathan Nielson (Class of 2010)

### High Intermediate Division (Wednesday)

1st place: Jim Palmisano (NERMC)  
2nd place: Neil Sargentini (Faculty)  
3rd place: Jacob Powell (Class of 2011)

### High Intermediate Division (Tuesday)

1st place: Jason Roos (Class of 2010)  
2nd place: Makoto Uchiyama (2010)  
3rd place, tie: Jonathan Olsen (Class of 2010) & Paul Simpson (Class of 2010)

### Intermediate Division (Thursday)

1st place: Alex Pallas (Class of 2009)  
2nd place: Dinesh Sharma (Class of 2010)  
3rd place: Chris Sweigart (Class of 2010)

### Intermediate Division (Monday)

1st place: Chad Andicochea (Class of 2011)  
2nd place: Eric Donels (Class of 2011)  
3rd place: Joe Kingston (Class of 2010)

### Low Intermediate Division (Wednesday)

1st place: Laura Smith (Class of 2011)  
2nd place: Casey Lacher (Class of 2011)  
3rd place, tie: Yuan Phoun (Town) & Heather Shook (Class of 2011)

### Low Intermediate Division (Thursday)

1st place: Adam Putschoegl (Class of 2011)



## Employee Excellence Awards

Lauren Schuermann received the Employee Excellence Award for the fourth quarter of 2007. Schuermann works in Admissions as a counselor, and has been an ATSU employee since August 2005. Those who work with Schuermann describe her as articulate, professional, courteous, and conscientious. "She definitely goes out of her way to make sure all applicants are taken care of," Schuermann's coworkers said.



Schuermann receives the 2007 fourth quarter Employee Excellence Award.

## ATSU to hold fourth annual Lecture on Aging

The ATSU Committee on Aging will host its fourth annual Lecture on Aging on April 4 to enhance healthcare providers' understanding of the challenges and opportunities in treating and caring for older patients. Keynote speaker Sue Levkoff, MSW, SM, Sc.D., will lecture on "Integration of Mental Health Services for Older Adults in Primary Care." Dr. Levkoff is associate professor of psychiatry at Brigham & Womens Hospital and Harvard Medical School and associate professor of the Department of Social Medicine at Harvard Medical School.

The lecture will broadcast at noon, Friday, April 4, in the Saguaro A & B classrooms on the Arizona Campus and at 2 p.m., live, in the McCreight & Coutts classrooms on the Missouri Campus. The lecture is open to students, and the public is invited to attend this free event. For more information, contact Amanda Sparacino, geriatric administrative coordinator, at 660.626.2432 or [asparacino@atsu.edu](mailto:asparacino@atsu.edu), or visit [www.atstu.edu/events](http://www.atstu.edu/events).



The Lecture on Aging is offered to enhance healthcare providers' treatment of older patients.

## ATSU breaks new ground

ATSU recently broke ground on its fourth building in the Arizona Health & Technology Park. The building will accommodate an ATSU orthodontics residency program and leased office space to health service professionals who work collaboratively with the University. Discussions are under way for including centers for outpatient surgery, diagnostic imaging, and urgent care.

"We are excited about the continuing expansion of our Campus," said Provost Craig Phelps, D.O., '84. "ATSU's contributions to Arizona's health professions have been significant for many years, and through our collaborative partnerships in the Arizona Health & Technology Park we further an environment for success. This is not only a milestone for ATSU, but for the East Valley community as well."

The 130-acre Health and Technology Park in Mesa is home to ASDOH, ASHS, and SOMA, as well as office and work space for public and private physicians and medical facilities. The park's diversity provides a centralized location for advanced education for health professionals, healthcare, medical education, and health technologies research.



ATSU's newest building will house a University orthodontics residency program and leased office space to health service professionals.

"We are excited about the continuing expansion of our Campus."

# Health & Wellness Day is a success

Founded by Arizona Campus Student Government Association President Brock Lorenz, D2, the University's Family Health & Wellness Day provides underserved communities with free health and wellness services and education. On February 23, Arizona Campus students and faculty shared health expertise with poor and underserved community members at San Marcos Elementary School in Chandler, Ariz. Participants received free physical exam screenings, dental sealants, fluoride varnish, sports mouth guards, vision and hearing screenings, bike helmet fittings, and sports and balance assessments. More than 500 individuals were served during the eight-hour event.

Chandler Mayor Boyd Dunn led the opening ceremony accompanied by the Basha High School ROTC Color Guard. The Chandler Police Department provided free Identikit fingerprinting for children, the Fire Department sponsored a Kid's Fun Firehouse, and the American Red Cross provided blood donation services. Supplies and materials were donated from corporations, local high school volunteers entertained children with choir music and art projects, food companies shared free samples, and clothing donations were provided.



Annie Wilson, D2, instructs a young patient on fluoride varnish application.



Audiology student Ashley Beko performs an audiology screening.

# Enrollment grows in nation's COMs

Inside OME, AACOM News

Over the last 40 years, total enrollment in the nation's colleges of osteopathic medicine has increased more than eightfold, from 1,879 in academic year 1968-69 to 15,586 in academic year 2007-08. Over the same time period, first-year enrollment increased from 521 to 4,408. The number of osteopathic college graduates increased from 427 in 1969 to a projected 3,100 in 2007, a rate of increase similar to that of enrollment.

# Faculty gets top honor

Laura Bank, Ph.D., academic coordinator, Physician Assistant Studies, was chosen as the Arizona State Association of Physician Assistants' 2007 PA of the Year. Dr. Bank's colleagues were inspired by her contributions to the medical community in PA education and hospice care. Dr. Bank was recognized during a formal award presentation at ASAPA's Primary Care Conference on March 13 in Sedona, Ariz.



# Arizona Campus hosts Whole Body Health Lecture Series

The first of its kind in the Mesa community, the Whole Body Health Lecture Series is an inaugural event open to anyone interested in learning more about current health topics. "We feel it is necessary to open our doors to the public and invite them to receive education on whole body health," ASDOH student Greg Romney said. "Education is often a missing link between health and the public. Much of the information understood by the public to be true is obtained by biased media."

Romney, together with fellow ASDOH students Rob Anderson, Joe Bradshaw, and Lindsay Goss, organized the Whole Body Health Lecture Series with ATSU faculty presenting two-hour lectures each week from 7-9 p.m. during the month of April to address current public health issues. The series is free of charge, and registration is not required.



ASDOH students Joe Bradshaw, Lindsay Goss, Greg Romney, and Rob Anderson organized the Whole Body Health Lecture Series.

.....  
"Education is often a missing link between health and the public."  
.....

## Inaugural Whole Body Health Lecture Series

Presented by A.T. Still University faculty

Session 1: Tuesday, April 1  
Avian Flu Pandemic: What our county's Chief Medical Examiner wants us to know  
Mark Fischione, M.D.

This introductory presentation on avian influenza and its potential to cause a pandemic includes information about the history of the virus, its effect on the body, and its potential to cause worldwide casualties. The last half of the presentation focuses on prevention and disaster preparedness on behalf of the county, state, and federal governments, and the role of the medical examiner in surge capacity.

Session 2: Tuesday, April 8  
Dental Implants: Are they right for me?  
Tamer El-Gendy, B.D.S., M.S.

What is a dental implant? How does a dental implant work? When is this form of dental treatment used? This lecture introduces dental patients to the indications and contraindications of dental implants using case studies as examples.

Session 3: Tuesday, April 15  
Childhood Obesity and Diabetes: What families need to know  
David Gardner, Ph.D.

This lecture focuses on childhood obesity as a problem that needs to be addressed not just by individuals, but by the entire family and the community at large. In addition, long-term health complications of childhood obesity will be considered, including diabetes, heart disease, and depression. Lastly, recommendations will be outlined for preventing childhood obesity.

Session 4: Tuesday, April 22  
Oral Health: The Relationship between the Mouth and Total Body Health  
Dr. Michael Glick, D.M.D.

The mouth's condition can provide insight into your body's health. What conditions in your mouth may give indications of whole body disease?

## Take me out to the ball game!

ASDOH students and faculty gathered at Tempe Diablo Stadium for a spring training baseball game between the Los Angeles Angels and the San Francisco Giants on March 8. The group enjoyed a barbecue prior to the game; the Arizona Student Dental Association supplied hot dogs and drinks.



ASDOH students Owen Lonergan, Damian Jimenez, Chelsea Richardson, Adi Harmon, and Eric Pease watched the spring training baseball game with 73 other ASDOH faculty, students, and friends.

## ATSU-UNICEF makes a difference

ATSU-UNICEF raised enough money through a Campus wide fundraiser to vaccinate more than 575 children in third-world countries who might otherwise have succumbed to measles. "We would like to thank everyone at KCOM for their incredible generosity and support," said ATSU- UNICEF Community Outreach Chairman Mark T. Shima, OMS II. "Together, we will continue to improve the quality of life for the world's vulnerable children."

ATSU-UNICEF promotes the international humanitarian goals of United Nations Children's Fund, recently co-sponsored two educational meetings on Campus, and partnered with local schools to collect \$371 during the Trick-or-Treat for UNICEF event last fall.



On February 27, ATSU-UNICEF members Bradley Norris, Christine Tiu, Scott Rynearson, Dawn Stocker, Ryan Gottfredson, Josph Schuster, and Aino Heino presented LaPlata Elementary School fourth-grade classes with certificates of accomplishment for raising more than \$300 for last fall's trick-or-treat event.



ATSU-UNICEF hosted an ice cream party for LaPlata Elementary School fourth-grade classes. "We wanted to recognize and reward them for supporting our campaign," said Community Outreach Chairman Mark T. Shima, OMS II.

## Dr. Andrew Weil headlines ATSU's Still Symposium

Symposium explores body/mind/spirit interactions

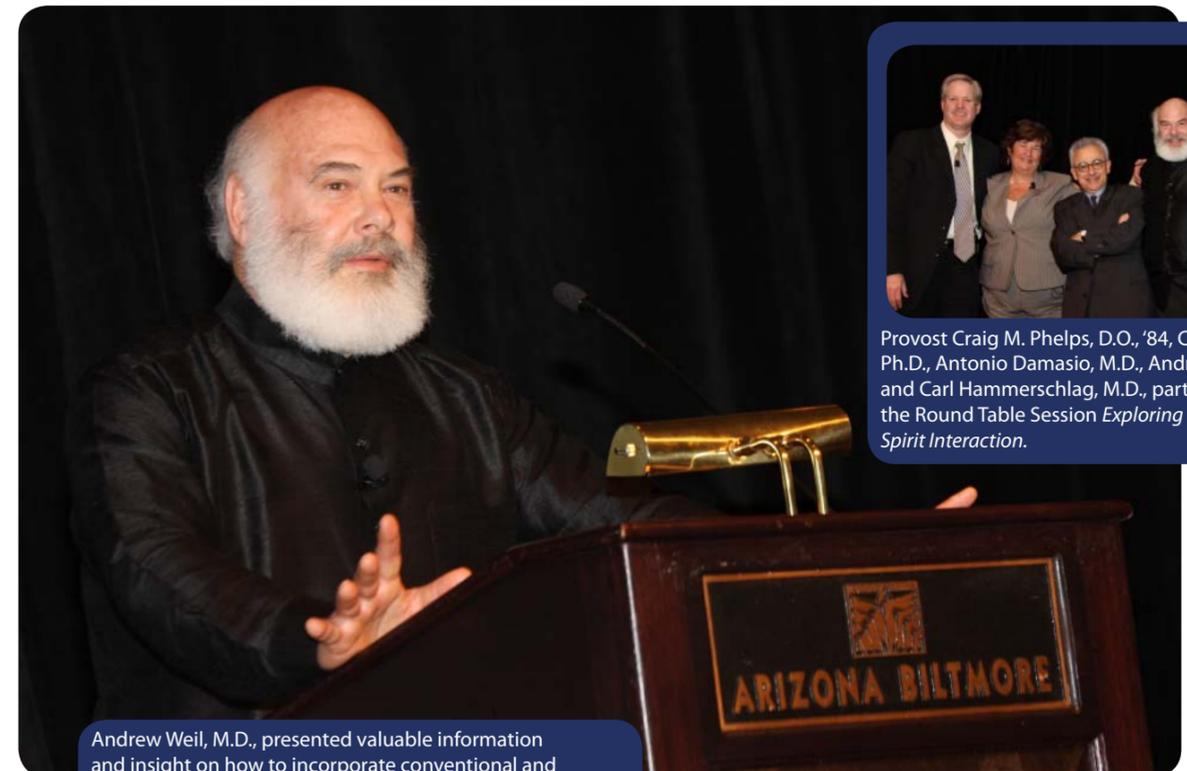
Author, health advisor, educator, speaker, and internationally recognized health expert Andrew Weil, M.D., headlined ATSU's first Still Symposium held February 29 and March 1 at the Arizona Biltmore Resort & Spa in Phoenix.

He was joined by 10 other experts in the field of integrative medicine to explore medicine's newest frontier – the body/mind/spirit connection. Speakers and panelists went beyond the usual healthy-lifestyle lectures to delve deeper into the human experience, examining the biochemical basis for links among consciousness, mind, and body; the power of spirituality in curing; the importance of communication to learn patients' values and motivation, which complement healing; and filling the emotional, spiritual, and even medical void among patients and caregivers alike.

Most practically, leaders addressed ways to overcome the growing discontent among medical professionals who recognize that the symptoms they fix often fail to cure the underlying problem. With a focus on the doctor-patient relationship in achieving and sustaining optimal health, symposium speakers offered practical ways to communicate more effectively with patients, as well as how to treat the whole patient rather than just the illness.

ATSU-KCOM student Amy Bauman, OMS III, said she attended to learn more about the aspects of body/mind/spirit medicine because "it's the way medicine is heading."

"The Still Symposium was a resounding success," said ATSU Provost Craig Phelps, D.O., '84. "It is refreshing to hear from world authorities on integrative medicine that our osteopathic approach to wellness and healthcare is as important as ever."



Andrew Weil, M.D., presented valuable information and insight on how to incorporate conventional and complementary medicine into medical practice to optimize the body's natural healing power.



Provost Craig M. Phelps, D.O., '84, Candace Pert, Ph.D., Antonio Damasio, M.D., Andrew Weil, M.D., and Carl Hammerschlag, M.D., participated in the Round Table Session *Exploring Body, Mind, Spirit Interaction*.