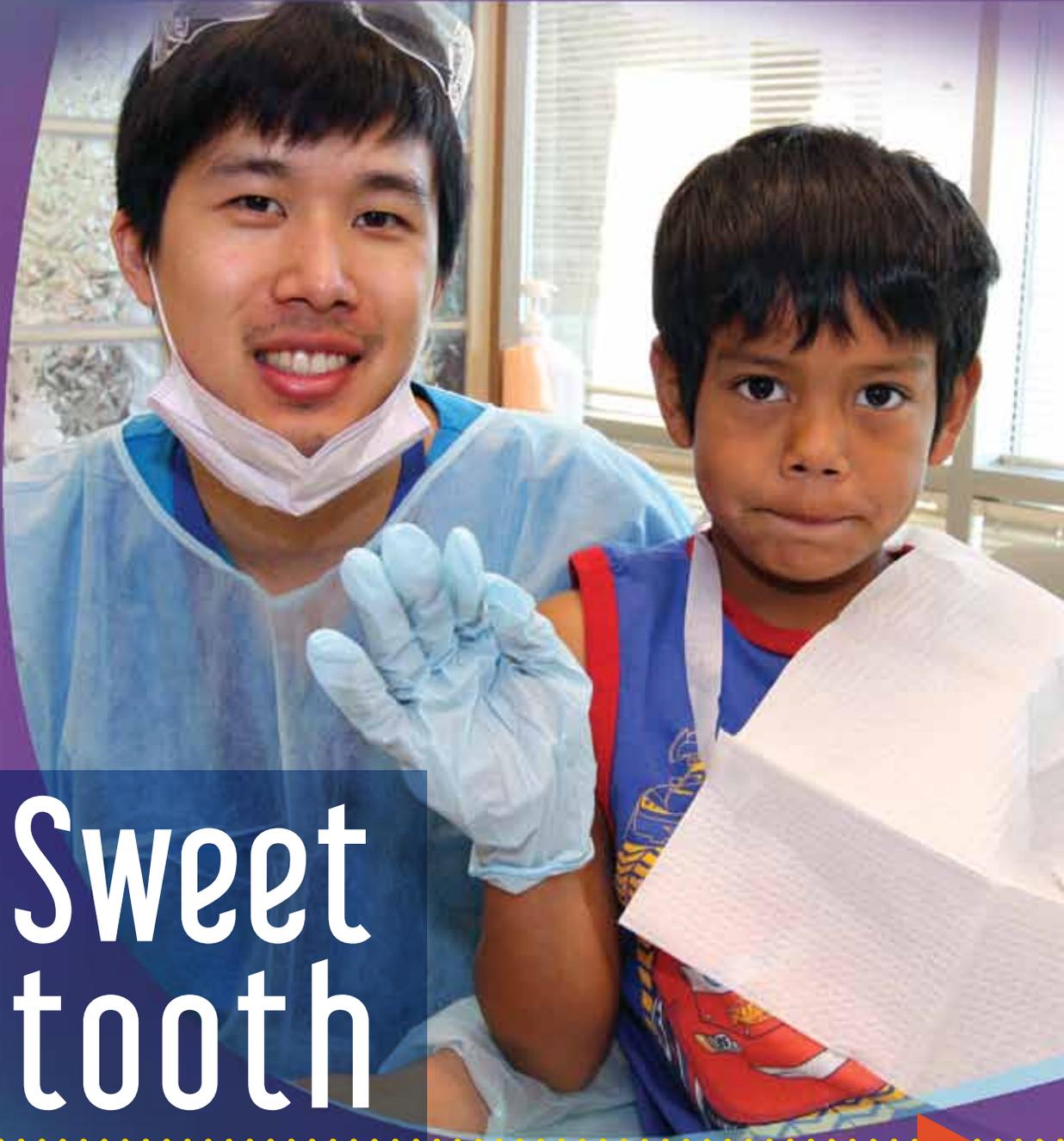


ATSU first impressions

Fall 2012 a magazine from A.T. Still University Admissions



Sweet tooth

Dental students give kids something to smile about



ATSU **first** Impressions

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Graduates of ASHS' Physical Therapy program celebrate at spring commencement.

**first
contact**



twitter

admissions@atsu.edu | 866.626.2878, ext. 2237
www.atstu.edu/RFI



A.T. STILL UNIVERSITY | **ATSU**
FIRST IN WHOLE PERSON HEALTHCARE



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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

Kirkville College of Osteopathic Medicine

Doctor of Osteopathic Medicine
Master of Biomedical Sciences

est. 1892

Arizona School of Health Sciences

Master of Athletic Training
Doctor of Audiology
Transitional Doctor of Audiology (*online*)
Master of Occupational Therapy
Master of Physician Assistant Studies
Doctor of Physical Therapy
Transitional Doctor of Physical Therapy (*online*)
Master of Advanced Occupational Therapy (*online*)
Master of Advanced Physician Assistant Studies (*online*)
Doctor of Health Sciences (*online/residential blend*)
Master of Human Movement (*online/residential blend*)

est. 1995

School of Osteopathic Medicine in Arizona

Doctor of Osteopathic Medicine

est. 2006

Arizona School of Dentistry & Oral Health

Doctor of Dental Medicine
Certificate in Orthodontics

est. 2003

School of Health Management

Master of Public Health (*online*)
Master of Public Health – Dental Emphasis (*online*)
Master of Health Administration (*online*)
Doctor of Health Education (*online*)

Opening soon
Missouri School of Dentistry & Oral Health
Doctor of Dental Medicine
First class starting Fall 2013 pending accreditation

est. 1999

ATSU welcomes new president

For the first time in nearly 30 years, the president of A.T. Still University will be a product of its own. Craig M. Phelps, DO, FAOASM, '84, became ATSU president effective July 1. Being a KCOM graduate, Dr. Phelps embodies the osteopathic philosophy of body, mind, and spirit, as well as the teamwork leadership style that provided him a strong foundation for his career. Dr. Phelps says that attending KCOM "changed my life."

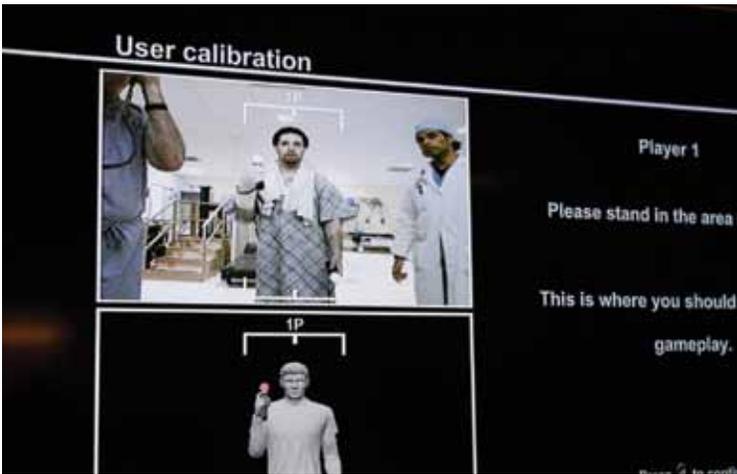
For Dr. Phelps, it's about serving—serving ATSU's students, faculty, staff, and constituents. And, in his 28-year history in serving ATSU, he has developed a deep understanding of the University and the health-care field. In addition to teamwork, his beliefs in collegiality, collaboration, consensus, and administrative responsibility are the leadership philosophies he feels will help ATSU continue to do great things.

Dr. Phelps also understands the challenges ahead, not only for healthcare education, but also for the healthcare system as a whole. He believes it is the role of institutions such as ATSU to prepare students for these challenges.

"If you have great people and great plans, a lot of the effort needs to be focused on continuing to develop those great people and great plans," says Dr. Phelps, "and we have great people and great plans."



Game On



Sam K. Yohannan, DPT, '12, PT, MS, puts his heart and soul into the game. Video games, that is. Dr. Yohannan has spent years making a difference in the lives of burn survivors through video game therapy research. His latest study demonstrates the outcomes on pain, anxiety, active range of motion, function, and enjoyment with the use of the Nintendo Wii during acute burn rehabilitation.

Dr. Yohannan is the senior physical therapy specialist and burn research coordinator at New York-Presbyterian/Weill Cornell Medical Center in New York City. He took a specific interest in treating burn survivors during his burn service rotation around the time of the 9/11 attacks on the World Trade Center. That's when Dr. Yohannan fell in love with the patient population.

"Gaming allows patients to temporarily escape from the hospital or their physical condition and gives them a way to interact with other patients," Dr. Yohannan says. "Not only do video games facilitate active movement, but it also puts smiles on faces."

The Doctor of Health Sciences program at ATSU's Arizona School of Health Sciences held its third annual institute: "Minding, Mending, and Moving Health Forward." The event brought nearly 90 students and more than 15 alumni and faculty to campus to promote health. Highlights of the week included collaborative networking and inter-professional learning through a variety of educational activities.

"ATSU really embodies its mission; the winter institute is one of the greatest events that brings both students and faculty together," said one attendee.

The DHSc program is comprised of more than 30 health professional disciplines working toward obtaining a post-professional doctorate degree in a unique, predominantly online learning format.

DHSc program holds third annual winter institute



Chaos in the streets

Disaster training strikes KCOM

Hundreds of bleeding victims occupy the area as firefighters and paramedics rush in to set up a field hospital. A helicopter hovers overhead. The wounded sit in shock. Mothers search for their children. Such was the scene at a KCOM mass casualty disaster simulation.

ATSU's Kirksville College of Osteopathic Medicine and the State Emergency Management Agency held their first-ever Disaster Awareness Response Training (DART) in March. This is the first time a medical school has teamed with the state to prepare students, emergency responders, and healthcare professionals for a mass casualty disaster event.

More than a dozen partner agencies in Northeast Missouri played a role in the simulation, which was part of an Advanced Disaster Life Support (ADLS) course coordinated by the National Disaster Life Support Foundation (NDLSF) under the American Medical Association. KCOM is one of three official NDLSF regional training centers in the state of Missouri.

"Students experienced disaster triage, treatment, and communication as they would in a real world event. The attempt was made to provide a high level of realism to give students the benefit of seeing a disaster before their first experience with a real world disaster as a physician, paramedic, or nurse," said second-year KCOM student Christopher Miller, chair, DART Committee.

Figure this

180
simulation victims

120
ADLS students

10
firefighters

50
ADLS instructors

7
EMTs

3
helicopter fly-ins

2
fire trucks

2
ambulances

1. Firefighters extricate a school bus as part of a scenario with the State Emergency Management Agency.
2. School bus accident victims are triaged by students in the ADLS course.
3. The Air Evac Life Team flies in to remove patients from the disaster zone.
4. In an active shooter/bombing scenario, students assess patients using flashlights in the dark while deafening sirens sound.
5. Simulation makeup is crafted by moulage artists – professional Hollywood makeup artists who create blood/gore looks.

You Tube
Broadcast Yourself™

Get more See the local DART commercial on ATSU's YouTube channel at tinyurl.com/DARTcommercial.

Also online Watch a lecture on disaster preparedness by KCOM alum J.D. Polk, DO, '93, on ATSU's YouTube channel at tinyurl.com/PolkDisaster. Dr. Polk works for the Department of Homeland Security and was a consultant during the 2010 Chilean Miner Rescue.





Sarah U.
ASDOH dental student

What she can't live without



God has given me all the desire, passion, and motivation to confidently pursue my dental career, one day start a family, and make new friendships that enrich my life.



I could not live without the love, support, and kindness that my husband shows me every day. Our family enhances the love that we feel because they are there to share wisdom and motivate us.



Saving lives: PASS IT ON

To volunteer for global humanitarian missions with Dr. DiDonna through Operation Smile or the Helping Babies Breathe program, contact him at tdidonna@atsu.edu.

Tom A. DiDonna, DHSc, '10, MSN, RN, spends his vacations making a global impact. His volunteer work is anything but small scale and embraces his life-long passion for global health.

The ASHS alum and adjunct faculty (doctor of health sciences) is a leader in the reduction of unnecessary newborn deaths worldwide. Last year, Dr. DiDonna embarked on an international medical volunteer mission to the Republic of Namibia and South Africa to prevent the loss of fragile new life. He was one of the first master trainers in the Helping Babies Breathe program, which trains women who deliver babies in resource-poor countries how to resuscitate newborns.

"We teach them early recognition and how to use a bag and mask to ventilate the baby within a minute of the episode," says Dr. DiDonna. "Then we teach them to teach the techniques to their sisters."

For the last 10 years, Dr. DiDonna has

been a volunteer for Operation Smile, which provides life-saving corrective surgery to kids with severe clefts. Operation Smile and the Helping Babies Breathe program, offered by the American Academy of Pediatrics, are now taught in tandem to create life-saving sustainability all over the world.

Dr. DiDonna, a newborn resuscitation certified instructor, was invited aboard the U.S. Navy Ship Comfort to help prepare naval healthcare professionals and volunteers from around the world for a nine-country goodwill tour. He trained 82 doctors and nurses who went on to train 800 birth attendants and midwives how to prevent newborn asphyxia deaths.

He is now taking the Helping Babies Breathe initiative to Rwanda. Each trip, he says, brings valuable experience that he can apply to his own practice.

"I don't ever see myself stopping," he says.



I have always known that I wanted to be a contributing force in the community where I can serve to close the gap among underserved populations. I chose to gain my dental education at ASDOH because of its holistic basis for treating an individual. The coupling of the Master of Public Health dual degree with the dental education was also an eye catcher for me.

Being involved with many underserved populations, I

found it refreshing that a school of such high caliber was intimately focused, not only on personal success, but also on the success of a community and serving those who are not primary targets for dental treatment.

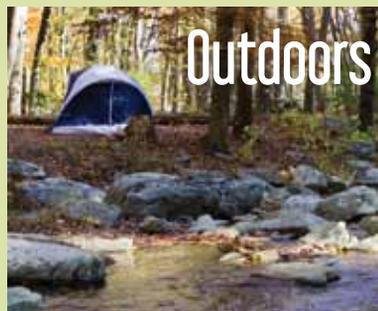
My experience at ASDOH has been academically stimulating and appropriately challenging. I look forward to the opportunities that will be provided to me with the support and nourishment that I am gaining from ASDOH.



Scrapbooking is my way of putting all our family memories together in a creative way. This hobby lets me relax and unleash my creativity.



Running or a spin class is the perfect ending to a productive day.



One of my favorite trips has been camping in Flagstaff near a stream at the base of a pine-filled mountain range.

campus

Day in the life



Dan C.
SHM DHEd student

7 a.m. Wake up/"Get my oldest kid ready for school."

8 a.m. Breakfast

9 a.m. Household chores – "Because I am a stay-at-home dad, throughout the day I am taking care of the home and two kids, paying bills, cooking, cleaning, going to the grocery store."

11 a.m. Coursework/study – "Every day is different; my wife is an ER physician, so I fit my coursework in around my family's schedule."

1 p.m. Lunch

2 p.m. Coursework/study

7 p.m. Dinner/family time

8:30 p.m. Start getting kids to bed

9 p.m. Coursework/study – "The best time for me to study is when everyone goes to sleep."

Midnight Bedtime

Hometown: Atlanta, Ga.

School: School of Health Management

Program: Doctor of Health Education

Career plans: "My goal is to teach at a university. I think that is the time in most students' lives when they are impressionable and you can make a difference."

Before entering the program: Dan has always been involved in sports, so his awareness of fitness began at a young age. That early awareness broadened to an interest in overall health and wellness. He received several training and fitness certifications and began his career coaching and training. "Life happens, and it did. After marriage and the birth of two children, I completed my bachelor's and master's degrees through online programs and decided to pursue a doctorate degree." Because of his family-centered lifestyle, he needed a program that enabled him to work and do research online to pursue his goals. "That is what led me to SHM, and I'm extremely thankful for that."

In his spare time: Dan participates in a variety of physical activities, including triathlons. He also enjoys spending time with his family, cooking, and working in his garden.

On SHM: "I was attracted to SHM because of the body, mind, spirit approach. And, the flexibility of the online program allows me to work and plan around my family."



A typical day ...



Then & now

What a difference 75 years makes!

Oh, how times have changed! Seventy-five years ago Doran A. Farnum, DO, '36, was a 23-year-old graduate of KCOM. Today, ATSU's oldest alum – at 99 years old – is talking shop with third-year students Ben C. and Lindsay L.

First Impressions (FI): Tell me about the atmosphere of the classes of 2014 and 1936.

Ben C. (BC): Our class is very laid back. We move at our own pace but work hard. We embody the “work hard, play hard” mantra. We are unique and are going to leave our mark on the world.

Doran Farnum (DF): There were those that belonged to a fraternity and those that didn't. I belonged to Theta Psi, a medical fraternity, and it was the only one that had a fraternity house. We came from every state in the Union, Canada, and one from England. We had about 135 students – 20 were women. One was a mother/daughter duo in my class. We

had one man who was 55 who had a doctorate in something else but had taken up osteopathy. Only one man was married. Period. And he didn't have any kids.

FI: Why did you choose osteopathic medicine?

Lindsay L. (LL): I learned about it in college but later found out that I was delivered by a DO. He was a family friend, and with his encouragement I pursued osteopathic medicine. It seemed like the best choice.

DF: My father was a DO, and I learned from him. I never had an MD touch me until I was 52 years old and needed to get vaccinated to go to Australia.

BC: My dad was also a DO. I shadowed him and many other DOs when I first started. When I shadowed an MD in college, it was interesting to see the difference in bedside manner and how they treated patients.

FI: What's your favorite class?

DF: Anatomy. They tested you by cutting a forearm open and showing it to you and asking you to identify the tissues.

BC: I like all of them, but if I had to pick, it would be histology and infectious diseases. I would gladly take these classes again.

LL: My favorite is anatomy, too. It is a never-ending journey. Every time I open an anatomy text I learn something new or see a relationship in a different way.

Blending online & residential



Master of health administration students at ATSU's School of Health Management attended the first-ever Residential Learning Institute in 2012. The three-day institutes are offered four times a year, twice on ATSU's Mesa, Ariz., campus and twice on ATSU's Kirksville, Mo., campus. Each institute has two intensive sessions focusing on a range of topics including leadership/team building, conflict resolution/negotiation, marketing and public relations, and health-care reform.

“It gives online students an opportunity to meet face to face and with faculty,” said

Kathy Adler, DHA, FACHE, program chair and associate professor, health administration. “The students really embraced it; it's totally new for our online program.”

The institutes are a new component to the MHA program, designed to meet the residential requirement needed for the program to receive CAHME accreditation.

“I thought that this experience was great,” said one attendee. “I was so excited to come home and talk about what I learned and met some great people in the process.”



Follow the Residential Learning Institute on Twitter #SHMRI12.

{do}

First things first Application tips & guidelines

- Apply to ATSU programs close to the admissions cycle's opening date for your program. Any delays within the application process may hinder your opportunity to secure a seat. Do not wait until the deadline to apply or classes may be filled.
- Be honest and genuine about who you are as a person and your intentions. Clearly and thoughtfully express why you are applying and what your motivations are for your career path.
- Be concise but detailed in a limited space. Watch preposition usage and choose active verbs and clear imagery.
- Avoid jargon/slangs/acronyms. Spell these out to avoid confusion or misinterpretation of your activities outside of class.
- List all jobs/activities/shadowing. List experiences from your college freshman year through current date, even if not medically related. Gaps from your college years to the current date, without any other activity explanation, can be a red flag.
- Demonstrate personal growth in your application. Explain how you have grown as a responsible person or demonstrate how you have overcome obstacles to become a competitive applicant.
- Explain obvious red flags. Address any weak or troublesome areas of your application honestly. Reasonable and honest explanations may help determine if the weakness is or is not problematic for entry.
- Share examples. Make your characteristics relevant through examples. Tell us who you are through your experiences and stories.
- Know prerequisites/requirements early. Be cognizant of this information early in your college career so you are not struggling to meet them without delaying graduation. (Only Cs or above count toward meeting prerequisite coursework.)
- Proof carefully/seek feedback. Use resources available to you (i.e., campus writing center or someone with exemplary writing skills).
- Type the primary and secondary application. Use available primary application services when possible.
- Build relationships early for letters of recommendation. Request letters of recommendation from sources who know you well versus acquaintances.
- Do your research. Know the school's mission and culture! Apply to schools that fit your personality and personal philosophy.
- Verify application status with Admissions. If you haven't received notification of your application being complete, feel free to call them. Do not assume your file is complete.
- Secure clinical exposure in a healthcare environment. Demonstrate compassion for human beings, overall commitment, and enthusiasm for the future of your chosen profession.

Stuff you need to know when applying to the DO program

{don't}

Top 10 application mistakes

- 1 Not contacting AACOMAS or Admissions to verify that all items of the application have been received
- 2 Waiting too long to write the personal statement (maybe even writing it in a day) and not seeking feedback from valuable resources, such as advisors, friends, professors, and parents
- 3 Under- or over-explaining discrepancies (such as gaps in time or a series of poor grades) in the application. Seek guidance from an advisor.
- 4 Starting the process too late. The "process" includes everything from clinical exposure to actually filing the application. Start early and devote time and energy to every step.
- 5 Sharing too little of personal drive and desire. We see many personal statements that reflect what students consider to be "ideal" steps in the application process (clinical experience, work history details, and so on). We would like to hear more about the specific examples that accompany such experiences.
- 6 Not typing the application. If at all possible, typewritten applications are preferred.
- 7 Getting letters of recommendation from individuals who have only known the applicant for a short period of time. Build relationships!
- 8 Acting inappropriately when contacting Admissions or coming for an interview. Every part of the application process is a part of our decision.
- 9 Not practicing interview skills
- 10 Demonstrating only a cursory understanding of osteopathic medicine (best seen in statements that repeat our brochures to us). Take the time to read and reflect on what osteopathic medicine is and what it means personally.

{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.**



Matters of the *heart*



Dr. Suzanne Steinbaum has devoted her career to matters of the heart.

The 1994 KCOM graduate grew up performing and even teaching ballroom and jazz dancing while in medical school. No stranger to the limelight, she seemed the perfect fit for an interview on medical training with CBS News her very first week as a medical intern in New York. That initial television appearance has led to a vibrant, on-camera medical career.

On any given day, Dr. Steinbaum does media interviews and makes appearances for national news networks, magazines, and health publications and websites. She was cited as an expert source on women's heart disease on "Inside Edition" after Ellen DeGeneres had a heart scare in Sept. 2011. She will soon release her new book "Dr. Suzanne

Steinbaum's Heart Book: Every Woman's Guide to a Heart Healthy Life - Reduce the Effects of Stress, Promote Heart Health and Restore the Balance in Your Life" and plans to co-host a talk-show with Brenda Strong, narrator of "Desperate Housewives."

Dr. Steinbaum is not only an attending cardiologist and director of Women & Heart Disease of the Heart and Vascular Institute at Lenox Hospital in New York City, but

also is the face for women's heart health nationwide. She is the national spokesperson for the American Heart Association and co-chairs its "Go Red for Women" campaign in New York City with celebrity Star Jones.

A native of Livingston, N.J., Dr. Steinbaum attended KCOM after earning her undergraduate degree at Tuft University in Medford, Mass. Her experiences in Kirksville, she says, changed her for the better.

"If I did not go to Kirksville, I would not be the person I am today. Every single one of my classmates showed me the life they had and shared with me what it felt like to be them," she said. "I think it was so important for my growth as a person to see what life was like outside of New York and New Jersey."

Watch news reels and television interviews with Dr. Steinbaum online at www.srsheart.com.

Staff rallies behind book cause



Andrea O'Brien, MS, associate director - residential admissions, and her family set out to help a friend who teaches high school English with the Teach for America program in Crossett, Ark., a significantly underserved school district.

The goal was to provide reading materials for students to improve their reading by at least two grade levels within the next year. However, her friend's school library significantly lacked books, and her classroom library was furnished with only 30 books for 79 students.

The O'Briens collected more than 2,000 books over four weeks, stuffed their van with boxes, and drove 12 hours to Crossett to personally deliver the books.

"There were students who volunteered to help us unload two vehicles, and their excitement was uncontainable!" said O'Brien.

Inside ATSU



What if an institution was more interested in innovating healthcare than preserving its reputation? What if its curriculum included the progressive study of how body, mind, and spirit interact? What if it championed preventive care so patients don't suffer needlessly? Learn more. Take a closer look at ATSU at tinyurl.com/insideatsu.

You Tube
Broadcast Yourself™

Special Operations dentistry in Iraq

Chris Bowen, DMD, '07, is an ASDOH grad and United States Army Major. He is the primary dentist for the 10th Special Forces Group (Airborne) at Fort Carson, Colo., and is responsible for the dental readiness of a 1,800-personnel task force of Green Berets. Here, Dr. Bowen tells of his missions in Iraq.

Special Forces are the absolute best of the military. The significance and national interest of their missions dictates that they be the most elite soldiers. Their missions often involve interacting with the local populace wherever they are assigned. This includes performing Medical Civil Action Projects (MEDCAP) missions.

During these missions, healthcare professionals team up with Special Forces and travel to remote villages to assist locals with much needed healthcare. Providing healthcare is an excellent way to establish and maintain relations with locals and gather valuable intelligence.

MEDCAP locations varied from a health clinic with dental chairs, to a school, to an Iraqi Army base. Conditions were less than favorable.

The luxuries of compressed air and suction that we are accustomed to in the United States were unavailable.

I mostly brought supplies for extractions, although I could perform limited restorative procedures as well. The radiographs that are so important in ensuring a proper diagnosis are unavailable. You simply provide the best service you can with what you have and realize that our "less than ideal" delivery of healthcare is more than some of these patients would receive in a lifetime.

I would routinely work for four to five hours on MEDCAP missions and see 40-50 patients and extract anywhere from 30-50 teeth, sometimes more.



Keep up with the progress at MOSDOH.

Visit www.atsu.edu/mosdoh, for updates, pictures, design plans, and other important information.



All smiles: Breaking ground at MOSDOH

On March 15, A.T. Still University celebrated a symbolic milestone in the establishment of the Missouri School of Dentistry & Oral Health. Approximately 500 people gathered, with shovels in hand, around a 150-foot strip of dirt representing the site of the new dental school, which is set to open its doors in fall 2013.

Before ATSU President Emeritus Dr. Jack Magruder gave the go-ahead to turn the soil, he said, "I honestly believe that this is a God-given piece of earth for us, right here. It's entrusted to the citizens of this community and A.T. Still, to cause it to bring forth fruit. Amen. That fruit is for persons in need to live better lives, be healthier, increase wellness, and lessen pain and suffering in our own community as well as throughout the world."

Fulfilling the need The numbers in Missouri

250

current shortage
of dentists

70

dentists retiring
each year

60%

workers without
dental insurance

49

national ranking for
children to dentists

47

national ranking for
access to dental care

40

students entering first
MOSDOH class

12

counties with
one dentist

6

counties with
no dentists

Alumni inspiration Reaching new heights

When Dale Funk, DPT, '11, graduated from the Transitional Doctor of Physical Therapy program at ASHS in Nov. 2011, he celebrated his achievement by climbing the highest mountain in the Western hemisphere. At age 53, he was the oldest member of his climbing group to reach the summit of Mount Aconcagua (elevation 22,841 feet) on Jan. 1, 2012.

"It was quite an experience to stand at the highest point of the North and South American continents on New Year's Day," Dr. Funk said.



community



Thousand Hills State Park
Explore 3,215 acres and visit the marina, beach, dining lodge, trails, cabins, and Native American 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.

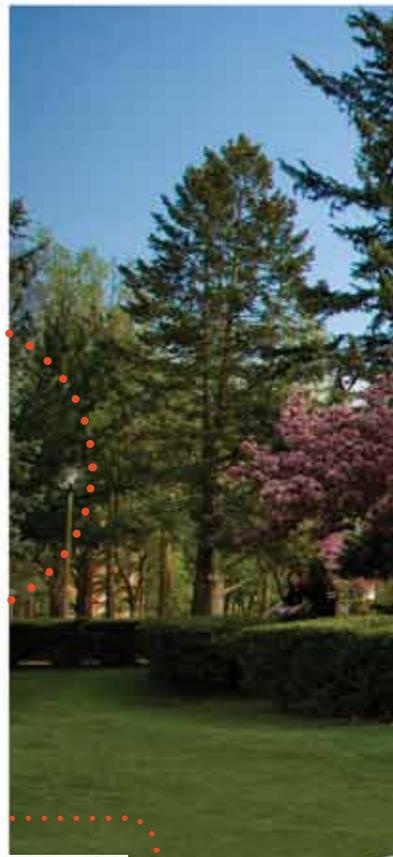
Kirksville Arts Association
View monthlong exhibits in the gallery, take a community art class, and enjoy the theatrics of Curtain Call Theater.



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

Kirksville 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.

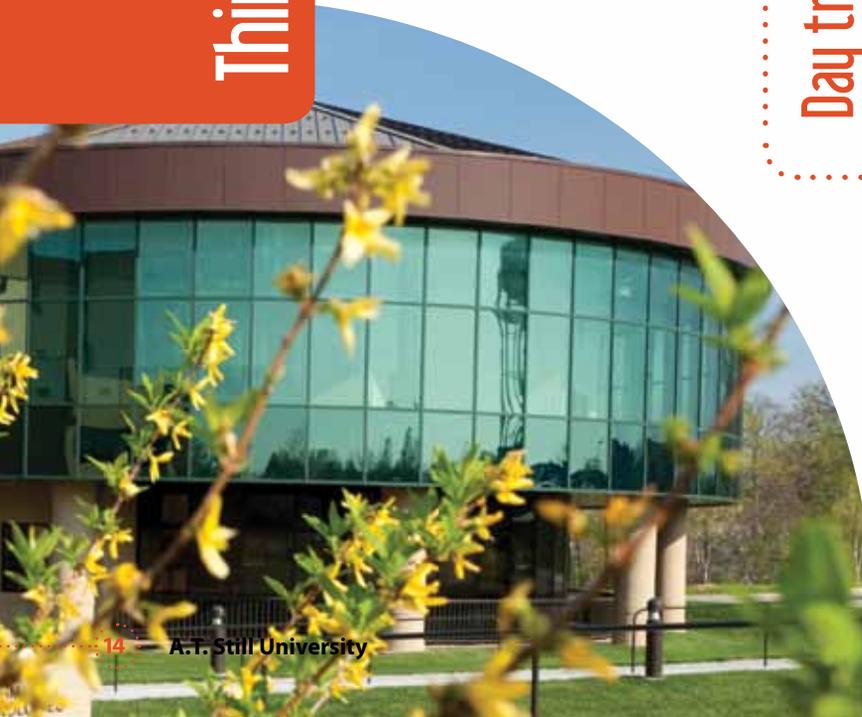


Day trips

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

Things to do



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



Kirksville, Mo.

Fast stats

Population	17,504
Average temperature	January 32°F, July 86°F
Cost of living index	81.9 (low, U.S. average is 100)



Chelsey R., wife of KCOM DO student Tyler, comes to Kirksville from Orem, Utah, with two daughters.

Day in the life

First impressions

"Everyone [at ATSU] is so friendly and nice. We love how many students have families and young children."

Fun times

"We love walking to the park together, going to the pool, having bonfires in our backyard, and getting together with friends to play games."

Support system

"[At ATSU,] I am a part of the Student Advocate Association (SAA), and it gives so much support to spouses! There is an activity for every interest, and there are tons of other spouses that are going through the exact same thing as you. SAA has been a fun way to get to know lots of people and make life-long friends."

- Chelsey's fave five**
1. Kirksville Aquatic Center
 2. Thousand Hills State Park
 3. Nauvoo, Ill., day trips (approximately two hours away)
 4. Visiting the Amish (in LaPlata, about 15 minutes away)
 5. The parks

location

Things to do

Fast stats

Population 439,041
 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.

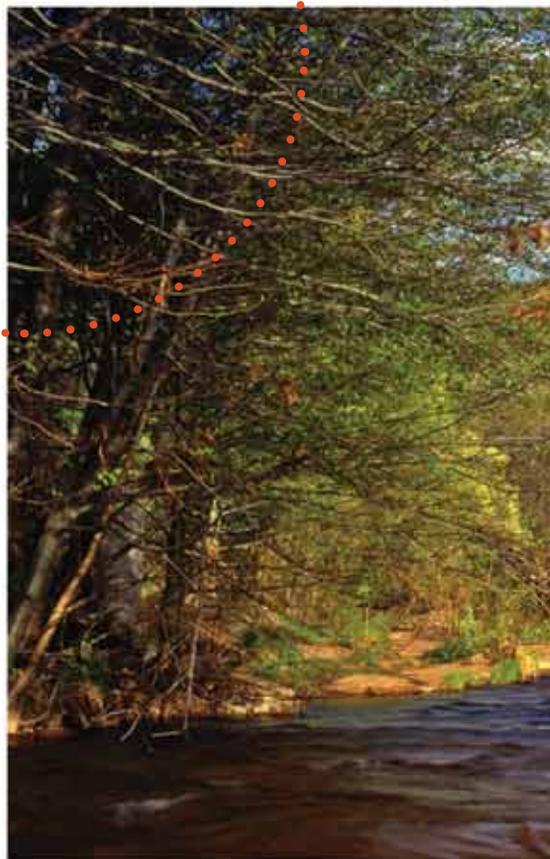
MLB-Cubs Spring Training games

Mesa is the place to be for Cubs spring training action every March. The Chicago Cubs 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, blue herons, and majestic mountains.

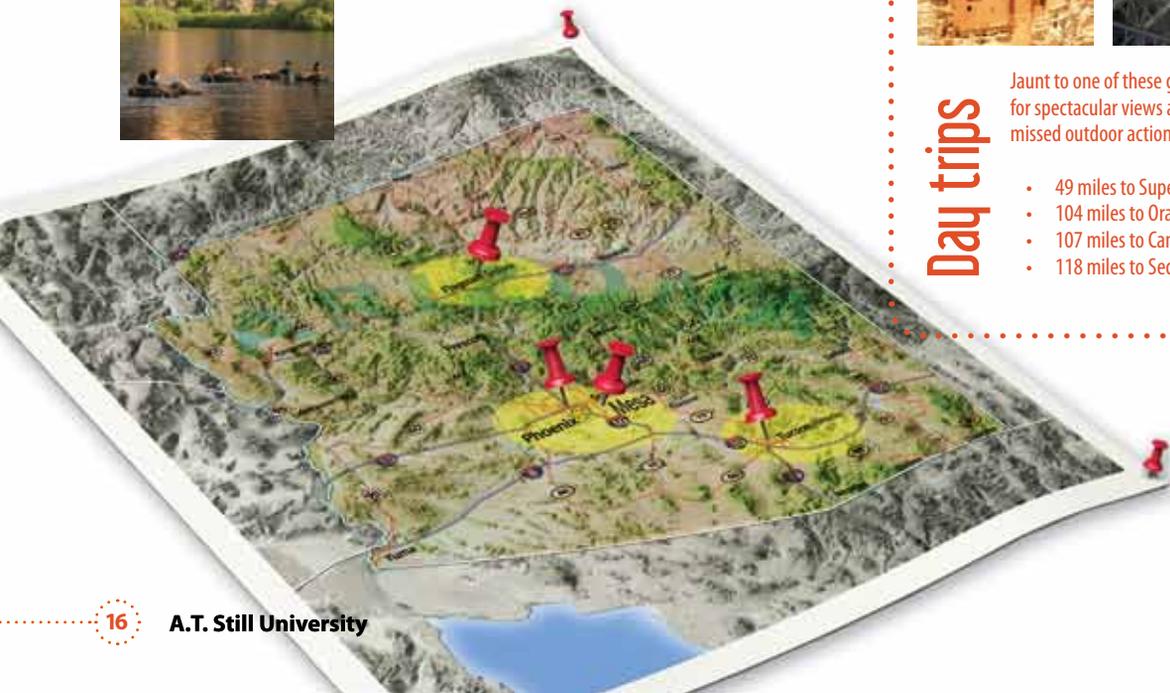
Mesa shines as a desert



Day trips

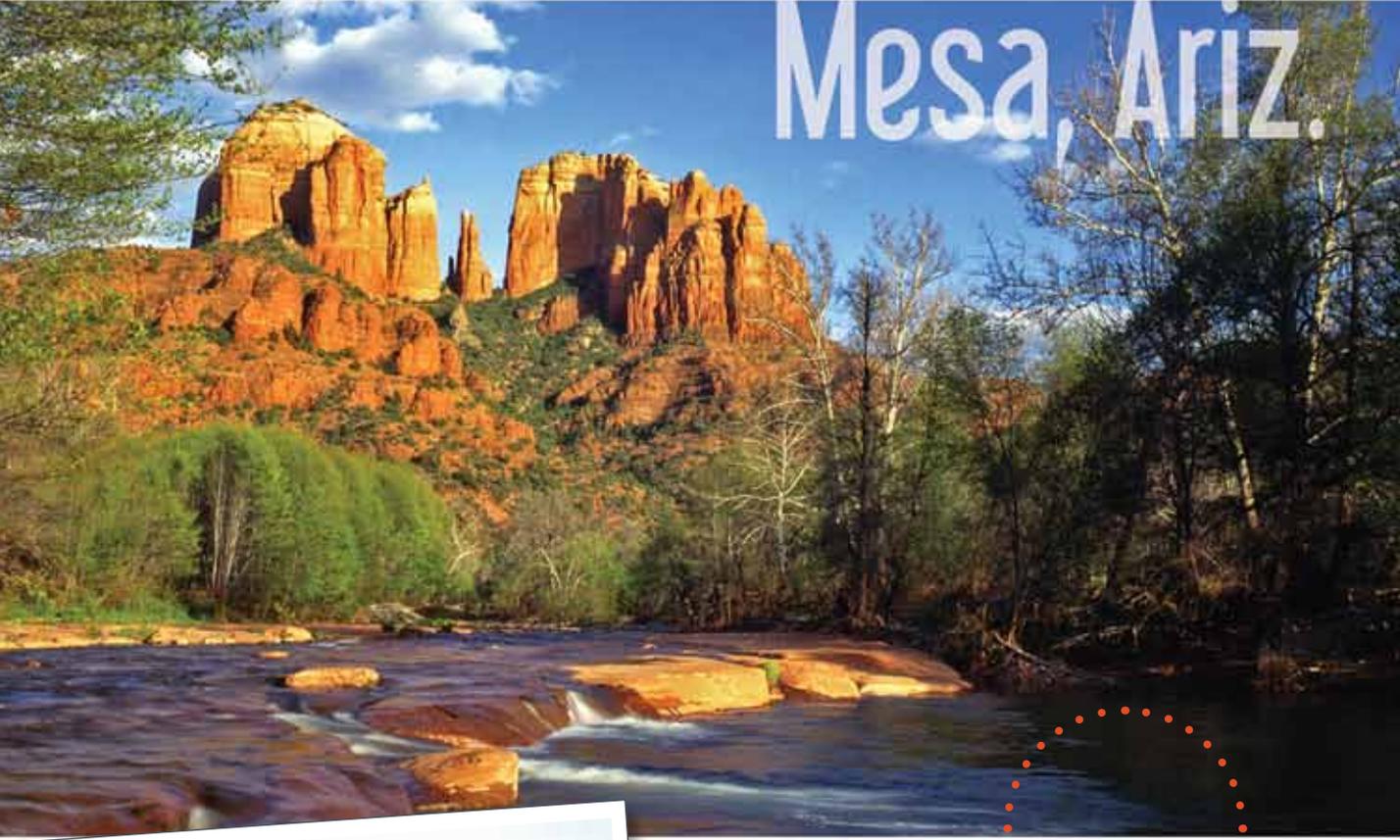
Jaunt to one of these great locations for spectacular views and can't-be-missed outdoor action.

- 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.



Aren T., a first-year DO student, moved from his home state of Hawaii to attend SOMA.

Aren's fave five

5. Floating down the Salt River during the summer
4. Bikram Yoga
3. Eating at India's Oven on Gilbert Road
2. Picnics by the Salt River
1. Hiking at Fossil Springs in the town of Strawberry

Day in the life

Thoughts on the Southwest

"This is the first time I have ever lived anywhere besides my home state of Hawaii, which is a hard place to beat! The difference in culture and history is one of the most exciting aspects of living in the area. The location is great for road trips, and it is a relatively easy drive to California to see family and friends, or just a short drive to find great hikes and mountains with breathtaking views."

First impressions of SOMA

"The opportunity to be part of such an innovative medical school has been a great experience. The facility is beautiful and provides a comfortable learning environment with friendly faculty and students. The clinical exposure early on, with integration of body, mind, and spirit medicine, is a great model of the change needed in medical education. The School supports my interest in hands-on learning and treating the whole person, not just the disease and symptoms of the patient."

Living in Arizona

"I have had a great time living in Arizona. The local area has several different events during the weekends to enjoy, such as dancing at a variety of musical gatherings, shops with native jewelry and art, and hikes in the beautiful desert. The constant sun is always inviting for outdoor barbeques, playing in the pool, or just studying!"

location

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