

# ATSUfirst impressions

Spring 2011 a magazine from A.T. Still University Admissions



**Tips on surviving  
interview day**



**How we teach  
osteopathic manipulation**



**Faculty get up close  
and personal**



# ATSU first Impressions

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Faculty tell us what's on their nightstands and iPods.
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ATSU is home to budding and accomplished artists from every discipline.
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Faculty and students share what's learned.

## Campus life

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A student shows us the people, places, and things he can't live without.
- 8 **Partners in education**  
A spouse shares how the ATSU community supports her and her family.

In town for Founder's Day, ATSU alumni, faculty, and students hiked the Flat Iron trail in the Superstition Mountains east of Mesa and did their best to spell out "ATSU" at the top.

first  
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ATSU's sunny Arizona campus brings together a metropolitan lifestyle and innovative academics.

## On the cover



Pictured l-r are Jamie Hass, D.M.D., enrolled in ASDOH's post-graduate Orthodontic Program; and Lindsay Goss, D.M.D., M.P.H., a student in ASDOH's Advanced Education in General Dentistry post-graduate program.

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## Notice of Nondiscrimination

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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.

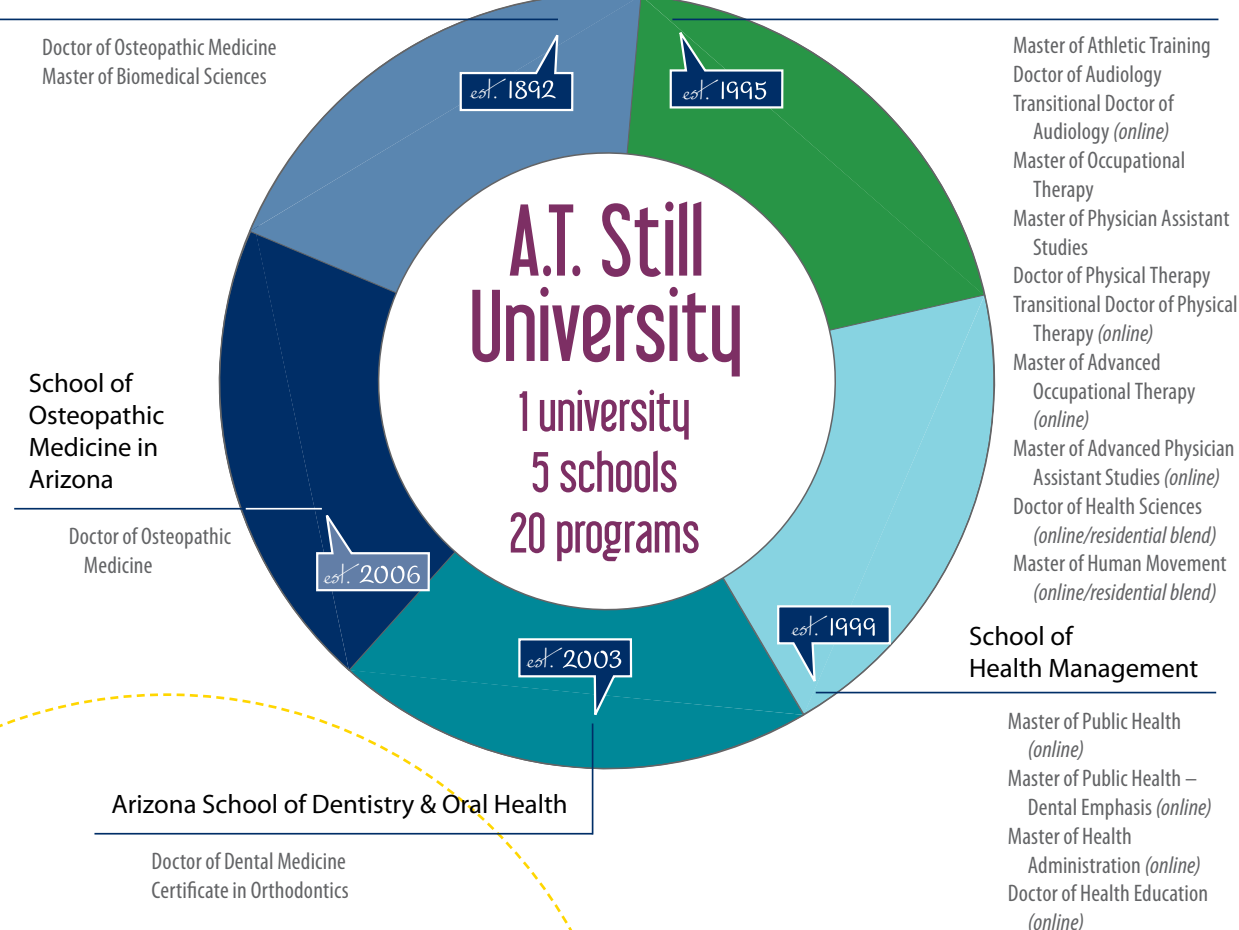
academics

campus

community

location





**Robb Blackaby, D.P.T., '04, PT, '98**, is always on the move. From being one of the first graduates of ASHS' Physical Therapy program to serving as co-founder of a sports medicine business, he is always on the go and living life to the fullest.

An independent contractor for Vans' and ESPN's X Games events, Dr. Blackaby has supported more than 50 national and international events from 1999-2010. Atop his personal accomplishment list are events such as the 2002 Winter Olympics, Tony Hawk's skateboard tour, Vans' skateboarding and snowboarding competitions, and X Games events. He also made several trips to Canada, Italy, Japan, and Brazil to work with the U.S. pro and junior snowboarding teams and Megaramp skateboard competitions. Somewhere in between all of those events he also made time to travel as a physical therapist for PGA golfers in 2004.

In 2010, Dr. Blackaby's life took a fast turn as Tim Reed, vice

president of X Games, asked if he had interest in coordinating medical services for X Games events.

"As one could imagine, I was excited but also knew what a great undertaking this would be," Dr. Blackaby says. "It had been a goal of mine and my colleague, Clay Selby, PA-C, ATC, P.A., '08, to eventually start our own traveling sports medicine business."

Dr. Blackaby and Selby reached their goal as they formed Medicine in Motion LLC (MIM) and accepted the offer to coordinate all facets of medical services for the Summer 2010 X Games.

"Our company goal and mission is to provide the highest level of care to the athletes by utilizing professionals from different backgrounds," Dr. Blackaby says. "We believe we make a well-rounded

team because we share certain disciplines, yet also bring our own individual skill sets to the table."

Approximately 30 staff members attended the 2010 Summer X Games, representing certified athletic trainers, physical therapists, allopathic doctors, osteopathic doctors, physician assistants, and registered nurses. Three of MIM's 30 staff members are also ATSU grads.



# Faculty Q&A

## Reading ... Tuning in to ...

Tracie J. Rogers, Ph.D.



Director, Human Movement, ASHS

My reading pile is very diverse. In addition to current research in exercise, I stay current on professional articles that reflect issues affecting working fitness professionals, especially those related to the business of fitness.

I have two young daughters, so when I am home, I am reading children's books and listening/singing along to their favorite music, which right now is Taylor Swift! It certainly creates a good balance in my life.

Tim Lukavsky, D.D.S.



Special care dentist, ASDOH

"Hinds Feet on High Places," by Hanna Harner, is a story of sorrow and suffering, with great triumph, and has turned out to be a helpful parenting tool as well as a great reflection of what affects one and all of our lives.

I listen to Jack Johnson, a Hawaiian surfer dude, as well as the Rock and Roll of Bob Seger, Jackson Brown, etc.

Yen Ping Kuo, Ph.D.



Associate professor, SOMA

A favorite is "Echo Maker," by Richard Powers, which was the winner of the National Book Award in 2006. I love stories that spin off from science or medicine in a very realistic way, and then slowly but surely take the characters (as well as me) to the emotional inner place one has never been before.

I am a big fan of classical music and a supporter of our local classical radio station, KBAQ. While working, I love to be radiated by the brilliance of Mozart; in my moment of solitude, I prefer the soulfulness of Chopin and Ravel. I am also entertained every day by live piano music played by my 14-year-old son, who is inspired to be a concert pianist.

Fred Peterson, Ph.D.



Physiology chair, KCOM

A dozen years ago, I began doing research on wellness of medical students. That, coupled with my lifelong heart research, has led me to follow and be discriminating of both scientific and lay literature related to health and physical fitness. I also like mystery novel audio books whenever I am traveling. Some of my favorites are by Robin Cook and Tony Hillerman.

Mostly, I listen to National Public Radio. It is the only source of national and international news and information that doesn't require sitting still. I am a long distance runner (two marathons last year), and it is a great way to help time pass faster mile after mile and yet stay informed about significant events worldwide.

Lynda Konecny, D.H.Ed.



Assistant professor, SHM

I'm reading "Daniels' Running Formula" by Jack Daniels, Ph.D., in an effort to apply a systematic, scientifically based method to improve my running ability. While reading Daniels' book, I also found interesting information to share with students, which was a great bonus!

If I have music on while I work, I prefer classical or some instrumental. I find it soothing, and the compositions help me focus. On the other hand, when I listen to music while I am out for a jog, it has to be fast-paced with catchy lyrics – anything to keep my mind distracted as the miles go by!



To create is to be human.  
To connect the dots from  
body, mind, and spirit to  
ink, clay, camera, and  
brush. Illustrating these  
connections are two of  
the many ATSU students,  
faculty, staff, and alumni  
who give of themselves  
and their humanity in  
their art.



# Is there an artist in the house?



**William B. Leibow, D.D.S., M.S.D.,** co-director of endodontics at ASDOH, says that photography allows him to get away and immerse himself in something other than teeth. Seriously pursuing photography for 18 years, Dr. Leibow produces digital and film prints and shares a business, Leibow Fine Art, with his wife, a painter.

- "Bridge of Sighs" was taken in Venice, Italy.
- "Birdhouse" was taken in the Olympic peninsula when traveling with a good friend and photographer.
- "Agave," photographed at the desert botanical gardens in Arizona, is his first close-up, large format picture, and is one of his favorites.



For P.A. student **Robin L., M.S., NREMTB**, art has always been a stress reliever. "At times, it was used to describe emotions that I didn't have words for," she says. "Still it serves as a means of distraction and is a less expensive hobby than shopping – my husband's least favorite of all."

- "Regatta" is a watercolor/watercolor pencil on paper based off photographs taken during college in San Diego. It was sent to her husband in Afghanistan as a small distraction during difficult times.

To see more art, go to [stillmagazine.atsu.edu](http://stillmagazine.atsu.edu) & click on Winter 2010.



# OMM Syllabus

## Osteopathic Manipulative Medicine

### Objective @ KCOM

"My goal is to give all osteopathic students the baseline skill level they will need to treat patients using a uniquely osteopathic approach. These skills will include knowledge of when to integrate OMM into the care of inpatients and outpatients and how to diagnose and treat somatic dysfunction in all regions of the body using a variety of techniques. It is not our intention to make OMM experts of first- and second-year students, but rather to establish a foundation of knowledge that they can then build upon in the following years of training and throughout their entire career.

"Our goal is teach a wide variety of techniques that people of any size, shape or strength can use on patients of any size or shape and be able to make clinically relevant changes."

Karen Snider, D.O., OMM department chair, KCOM

### hours

**KCOM hours**

First year: 110

Second year: 84

### students say ...

"I absolutely loved our education in OMM," says Rushi P., a third-year OTM fellow from Austin, Texas. "My ability to diagnose with my hands is what allows me to better understand various sets of symptoms. If you can feel what is happening within the body, you can make your differential diagnoses much more relevant and in turn allow patients to return to homeostasis quicker."

### Objective @ SOMA

"Our goal in the SOMA osteopathic principles and practice (OPP) program is two-fold: first, to ensure that a basic working knowledge and competency of performance in OMM is achieved, and second, to motivate our students to continue learning OMM throughout their careers. The first-year program is designed to cover all basic OPP concepts, treatment types, and body regions, with a focus on OMM applications in clinical presentations.

"As well, students study the interaction of the musculoskeletal system with human physiology using scientific educational instrumentation. In year two, the clinical approach to OPP is deepened, and the treatment concept and procedures armamentarium is expanded. The third- and fourth-year programs ensure continued application of osteopathic principles in the clerkship years through a variety of required OPP experience options."

Jonathon Kirsch, D.O., director of OPP, SOMA

### hours

**SOMA hours**

First year: 180

Second year: 136

### students say ...

"The OMM education I have gotten has been valuable, and the way it has been presented – with clinical correlation and application – will surely result in my using it when I leave school," says Brandon A., M.P.H., class president and fourth-year student from Phoenix.







Jared G.  
ASHS P.A. student

# What he can't live without



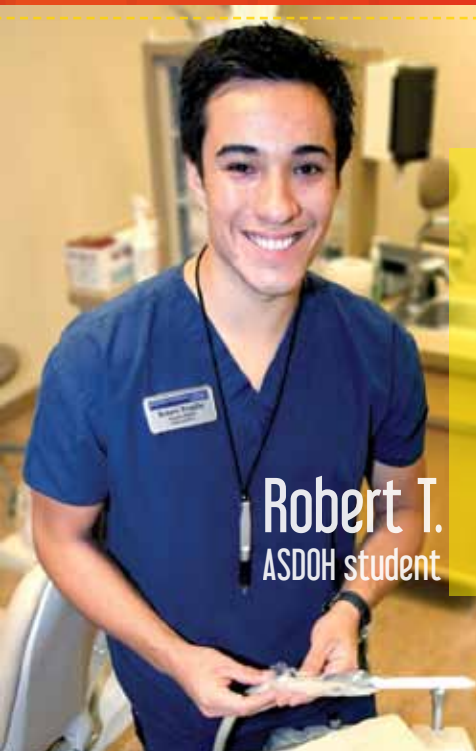
Family

Without the support of my parents, wife, and children, there is absolutely no way I would be able to do this.



Pencils

Drawing is a way for me to escape and focus my mind on something other than school.



Robert T.  
ASDOH student

## Day in the life

- 5:30-7 a.m.** Wake up – I try to maximize my sleep to eight hours if possible.
- 8 a.m.** Report to clinic, set up, and review charts
- 8:30 a.m.** Seat my morning patient and provide dental treatment
- 11:30 a.m.** Clean up, review afternoon patient charts, and set up for the afternoon. Then it's off to lunch.
- Noon** Meet my wife (she works at ATSU), drive home, walk the dogs
- 1 p.m.** Seat afternoon patient and provide dental treatment
- 4:30 p.m.** Prepare for the next morning, finish any necessary labwork
- 5 p.m.** Eat dinner
- 6 p.m.** Apply to residencies, write essays, review didactic material, work on Student Government Association and American Student Dental Association planning, and study for exams
- 10 p.m.-1 a.m.** Bedtime. I don't go to bed until all work is complete.

A typical day ...

- Hometown:** Portland, Ore.
- School:** Arizona School of Dentistry & Oral Health
- Community Health Center campus:** San Carlos, Ariz., on the Apache reservation
- Career plans:** "I look forward to complex hospital cases and teaching, which a career in academic craniofacial orthodontics can provide. After my residency, I plan to complete a fellowship in craniofacial orthodontics, and I am also considering resuming my initial Ph.D. track."
- Before entering dental school:** Robert was a biology major at the University of Portland. Following graduation, he worked as group exercise director at Bally Total Fitness.
- In his spare time:** Robert likes to go camping and reads books about cosmology.
- On ATSU-ASDOH:** "Service to others is an essential part of my life, and ATSU's mission and ASDOH's philosophy focus on serving others in the community. I consider connecting with a variety of people through teaching and helping others to be one of my strongest assets, and it has become a defining aspect of my life. This is one of the main reasons that I chose the dental profession and ASDOH."





"I am so excited about ATSU's Physician Assistant program. The training that I am receiving at ATSU is unbelievable. The instructors in our program are dedicated to see each and every one of us succeed, not only as healthcare professionals, but in our lives. They understand that life happens, and they are dedicated to make sure we are the best. Our program director is focused on innovation and understands that our roles as physician assistants are ever expanding. As such, we can expect to be trained in all areas of medicine and receive the training that we need to be compassionate and competent healthcare providers.

"Apart from our instructors, it is so nice to be involved with so many students who share the same drive and passion as I do. We form groups that help one another and as a class have a sense of unity and synergy. We all want to see each other succeed and become truly great leaders in the field."



Fishing

I love to be outdoors, and there is nothing better than to be on a rural lake catching fish.



Computer

I love to tinker with computers to make them faster and more efficient; they are a critical piece of my education.



Bed

I need my sleep!

## Day in the life



Deena P.  
KCOM D.O. student

**Hometown:** Covington, Tenn.

**School:** Kirksville College of Osteopathic Medicine

**On ATSU-KCOM:** "I've just felt welcome, and everyone is nice. I feel like the students really care about each other. Everyone is genuinely out there to make me a better student and a better doctor one day."

Something unique about Deena:

"Since I am Indian, I like teaching people about my culture and doing traditional Indian dances."

## A typical day ...



**7 a.m.** Wake up and get ready for class

**8 a.m.** Class

**10 a.m.** Class break

**Noon** Lunch and meetings

**1 p.m.** Class

**5:15 p.m.** Work out at the Thompson Campus Center

**6:30 p.m.** Return home and eat dinner

**7 p.m.** Head to the library to study

**Midnight** Bedtime

# Spouses welcome!

## Campus and community roll out the red carpet for students' better halves

**Imagine leaving your family and friends** to live in an unfamiliar community while your spouse spends four years consumed by demanding classes, tests, and unknowns. Such is the life for many medical school spouses. But those who come to ATSU's Missouri campus find that fears and tears often are overcome by friendships and fun.

Aimee's husband, Tyler S., is a graduate of the Biomedical Sciences master's program and is a D.O. student at ATSU's Kirkville College of Osteopathic Medicine. They moved from Utah and have two young children and twins on the way.

### First impressions

Missouri weather had Aimee sweating, but she soon transitioned to life in Kirkville. "Hot and humid was quickly replaced with friendliness," she says. "The community really enjoys students. It's that friendly, small-town atmosphere that I feel very lucky to be a part of."

### Red carpet treatment

At KCOM, family and tradition are a mainstay. "KCOM recognizes that we are just as much a part of it as the student. I think this is very apparent in the fact that the school provides a new spouse orientation as part of new student activities."

Families are welcomed at many university activities, and spouses have free access to the Thompson Campus Center, the on-campus recreation center and gym. Aimee teaches a spin class a few days a week at the TCC.

### Family fun

With kids in tow, a family friendly community was paramount for Aimee and Tyler, who quickly claimed Thousand Hills State Park as one of their favorite retreats. Just a 10-minute drive from campus, the lake offers many amenities, from hiking and canoeing to camping and fishing. "We enjoy hikes around the lake, throwing rocks in the water, playing on the playground, and roasting marshmallows over a campfire."

### Student Advocate Association

The official organization to support and educate KCOM student spouses and partners is the Student Advocate Association. Aimee has served SAA as several different committee and program chairs.

"You're far away from family and friends, and SAA is a great support system that keeps you busy and gives you many opportunities to meet new people who are going through the same thing you are," she says. "SAA also does a lot of service projects to give back to the community."



## Aimee's top 10 things to do in and around Kirkville

1. Thousand Hills State Park
2. Farmers' Market
3. Children's Reading Programs at Adair County Public Library
4. Kirkville Multisport
5. Museum of Osteopathic Medicine
6. Summer on the Square
7. Red Barn Arts and Crafts Festival
8. Truman Lyceum Series
9. Red, White and Blue Festival
10. Jackson Country Connection Pumpkin Patch & Corn Maze







## 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 D.O. program



### 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 evaluation 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.

# Surviving interview day @ ATSU-KCOM

## So much is riding on This. One. Day.

When the invitation for an interview at the world's first college of osteopathic medicine graces your inbox, cue the anxiety. But don't start biting your nails yet. Read on to get a student and admissions counselor's insights on the day that determines who receives KCOM's 172 seats.

### Student

Elise G.  
student ambassador  
KCOM medical student

### Admissions

Brett Moser  
admissions counselor  
ATSU

#### Itinerary

Take time to read through the information provided and develop questions for your interviews. Also, get to know the students who are with you for the day.

Lunch with student ambassadors is your opportunity to ask questions about student life, classes, organizations, and Kirksville.

#### Scariest part of interview day? Why, the interviews, of course!

I cannot think of a single reason why any student should be afraid of talking with individuals and answering questions about things that interest you and that you have prepared a large part of your life for. It's just another opportunity to demonstrate your skills.

#### A word of advice

Relax and just be you. You've prepared several years for this, so you should be ready for anything and everything that you encounter.

#### Dress me!

Make sure that you are comfortable. It is a long day, with some walking, and you will not want to fidget with your clothing or wear shoes that kill your feet by day's end.

#### Itinerary

The day is busy, but informative. It goes something like this:

8:15 a.m. Curriculum overview

9 a.m. Three one-hour interviews

- 1 admissions representative
- 2 clinical faculty member
- 3 basic science faculty member

Noon Lunch with student ambassadors

12:30 p.m. Osteopathic case study demonstration

1:15 p.m. Financial Services and student wellness presentations

2 p.m. Campus tour

3 p.m. Wrap-up

#### Scariest part of interview day? Why, the interviews, of course!

There is no need to be nervous; our staff will welcome you. Remember, it's not a panel of interviewers grilling you. It's a conversation. We want to get to know you personally.

#### A word of advice

As the faculty always say, "Your interview begins the moment you step foot in Kirksville."

#### Be prepared for ...

Questions regarding anything in your file: research, grades, and character traits. Review your application beforehand.

#### Dress me!

All dress should be professional and tasteful. Men should wear a suit and tie. Women should wear a suit (pant or skirt) and blouse.

Get more tips on KCOM's interview day at [www.atsu.edu/kcom/admissions](http://www.atsu.edu/kcom/admissions).



# ASDOH students change lives in rural Mexico

ASDOH students return to Mexico to help the underserved



**For** a second time in six months, ASDOH students and faculty traveled to Clinica Betel in Atoyac, Mexico, to provide services to the medically underserved residents of this rural town. Eleven dental students, one AEGD resident, and two ASDOH faculty members left in January for a seven-day mission trip.

The ASDOH student volunteers became involved because of Tim Lukavsky, D.D.S., assistant professor, ASDOH. This is the 14th year that Dr. Lukavsky

has participated in the project, sponsored by Latin World Ministries. Eric Harris, D.D.S., ASDOH adjunct faculty member, also participated in the trip.

Upon arriving in Atoyac, a small town located about two hours from Acapulco, students met up with 25 other healthcare professionals including general surgeons, plastic surgeons, optometrists, nurses, and other volunteers from Louisiana and Texas.

"Each day, we were up by 7 a.m. and headed to the clinic

to be amazed by the line of patients that had been arriving all night to receive treatment," said ASDOH third-year dental student Tanner F. Students worked until 8 p.m. each night.

"This trip, we were able to bring more students, which allowed us to see more patients and provide more treatment to each patient," Tanner said. "It wasn't uncommon to do five to 10 fillings and one to four extractions on one patient."

Provided treatment included fillings, extractions, partial

dentures made into complete dentures, root canal therapy, and cleft palate surgeries.

By the end of the week, the ASDOH group treated 250 patients. "The group of students worked hard and made this a memorable experience," said Dr. Lukavsky.

"My fellow classmates and I were reminded from this experience," Tanner said, "that behind every tooth there is a person who appreciates the knowledge and talent we have to provide them with care."

## Day in the life



**Michael S.**  
ASHS D.P.T. student

**Hometown:** Perrysburg, Ohio

**School:** Arizona School of Health Sciences, Doctor of Physical Therapy program

**Career plans:** Orthopaedic outpatient rehab; possibly specialty certification as a hand therapist

**Before entering medical school:** Michael was a personal trainer.

**In his spare time:** Michael plays violin and paintball.

**On ATSU-ASHS:** "The faculty at ATSU is dedicated and compassionate about what they are doing, and they are very available to students. ATSU's selection process is the best. They really take time to figure out your personality – not just your intelligence level. Also, I really like the mind-body-spirit concept. There is always encouragement to take time out for you."

## A typical day ...

**6:30 a.m.** Rise and walk my dog, Marian, a Corgie/English Shepard mix

**8 a.m. to 3 p.m.** In classes, such as cardiopulmonary rehab, differential diagnosis, and neuro-anatomy, with a break for lunch for about an hour

**5 p.m.** Work out at the YMCA

**6:30 p.m.** Return home, feed Marian, and take her for a 20-minute walk

**7:30 p.m.** Dinner, sometimes with friends

**8:30 p.m.** Study

**10 p.m.** To bed. I need my full eight hours so I don't get grumpy!



## community

## Swim, run, bike

NEMO Triathlon makes a splash



Every fall in Kirksville, triathletes participate in the annual Northeast Missouri Triathlon held at Thousand Hills State Park. In 2010, nearly 160 participants competed individually and in teams in the  $\frac{3}{4}$ -mile swim, 18-mile bike ride, and 5-mile race to the finish line.

The NEMO Triathlon is one of the longest running events sanctioned by USA Triathlon, the governing agency for the sport. Since the inaugural race in 1985, more than 40,000 people have visited Kirksville to take part in the triathlon. For more information, visit [www.nemotriathlon.org](http://www.nemotriathlon.org).

What is a D.O.?



Learn what it means to be a D.O. and see ATSU in action on our YouTube channel at [www.youtube.com/atstilluniversity](http://www.youtube.com/atstilluniversity).

**You Tube**  
Broadcast Yourself™

## Pick up, clean up

ATSU-KCOM students, faculty/staff, and their families continue the community service project Operation Osteopathic Service, which they began in August 2009. More than 90 people spent a few hours cleaning and beautifying downtown Kirksville in an effort to give back to the community.

"Over 90 people participated in this union of university and community!" said KCOM D.O. student John T. "I have full faith and confidence that this new ATSU tradition will grow with the focus of service and compassion."

## Day in the life



**Heather M.**  
SOMA D.O. student



## Students volunteer for community service



# community

**Hometown:** Gilbert, Ariz.  
**School:** School of Osteopathic Medicine in Arizona

**Community Health Center campus:** Northwest Regional Primary Care Association (serving Oregon, Idaho, Southern Washington, and Alaska). Heather is currently in her clinical rotation for family medicine at the Iliuliuk Clinic in Unalaska and the International Port of Dutch Harbor, Ala.

**Career plans:** Internal medicine. "I believe in keeping an open mind and discovering whatever is really my niche," she says. "I love caring for people. I truly believe that it is an honor and a privilege to provide care for individuals. It is an amazing time to be in med school and in a school like SOMA."

**Before entering medical school:** Heather was a safety and health manager for 15 years.

**On ATSU-SOMA:** "The ATSU program has enough flexibility to keep the focus on balance in your life. Although the SOMA program is intense at times – I work hard – it fits your learning style and schedule."

**Fun fact about Heather:** "I love music and sing all the time. I won Ms. ATSU, Arizona campus, my first year of medical school by singing a parody of 'Seasons of Love' called 'Seasons of Stress' as my talent."



## A typical day ...

**5:30 a.m.** Rise and leave for clinical rotation at CHC. Eat my cereal and milk while driving to my CHC. (I wash down the cereal in my mouth with a swig of milk.)

**7 a.m.** Patient rounds with CHC physicians

**10 a.m.** Re-energize by eating the granola bar I have been carrying in my pocket all morning

**1:30 p.m.** Lunch – finally!

**3 p.m.** Group review with other students and CHC docs on various protocols such as sepsis and stroke

**6 p.m.** Leave and head for the YMCA to work out. I often study while working out on the elliptical.

**7:30 p.m.** Return home

**8:30 p.m.** Do homework for the next day

**10 p.m.** Hopefully, lights out!

community





April W., wife of KCOM D.O. student Bart, comes to Kirksville from New York City with five children ages 18 months to 9 years.

## Day in the life

### Thoughts about joining the Kirksville community

"I was excited and nervous about our move, coming from New York City to this small town in the Midwest. We knew our lives were definitely going to change."

### First impressions of ATSU

"Our admissions counselor's warmth and sincere concern were felt not only for my husband and his school experience, but also for me and our family. She made me feel completely comfortable and excited to be here. She endeared me not only to ATSU but also to the surrounding area."

### Favorite things to do in and around Kirksville

"We love to see and enjoy the diversity found in different cultures. We have visited Mary's Amish Store in LaPlata, Lost Branch Blueberry Farm, the Dog and Gun Auction and flea market in Rutledge, and the Mule Fest outside of Memphis."

### Family-friendly fun

"Our family has enjoyed attending the Lyceum Series programs hosted by Truman State University and other concerts performed there. And the library's reading programs and the aquatic center have to be on the top of the list of things that our children love to attend."

### April's fave five

1. Kirksville Aquatic Center
2. Adair County Library
3. Maples Repertory Theater
4. Farmers' Market
5. Thousand Hills State Park





Kirksville is a triad of educational prominence, small-town living, and outdoor recreation.



# Kirksville, Mo.

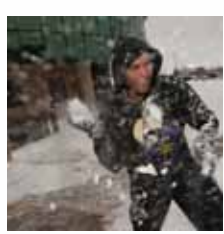
## Fast stats

Population	17,504
Average temperature	January 23°F, July 76°F
Cost of living index	81 (low, U.S. average is 100)

**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 pizza 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 and 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.

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



"Thousand Hills State Park is a major perk to living in Kirksville."  
— Andee W., KCOM



"The Aquatic Center is open year-round and is fun for the whole family."  
— Nathan M., KCOM

## Things to do

## Location

# Things to do

## Fast stats

Population 462,486  
Average temperature January 54°F, July 91°F  
Cost of living index 89 (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.

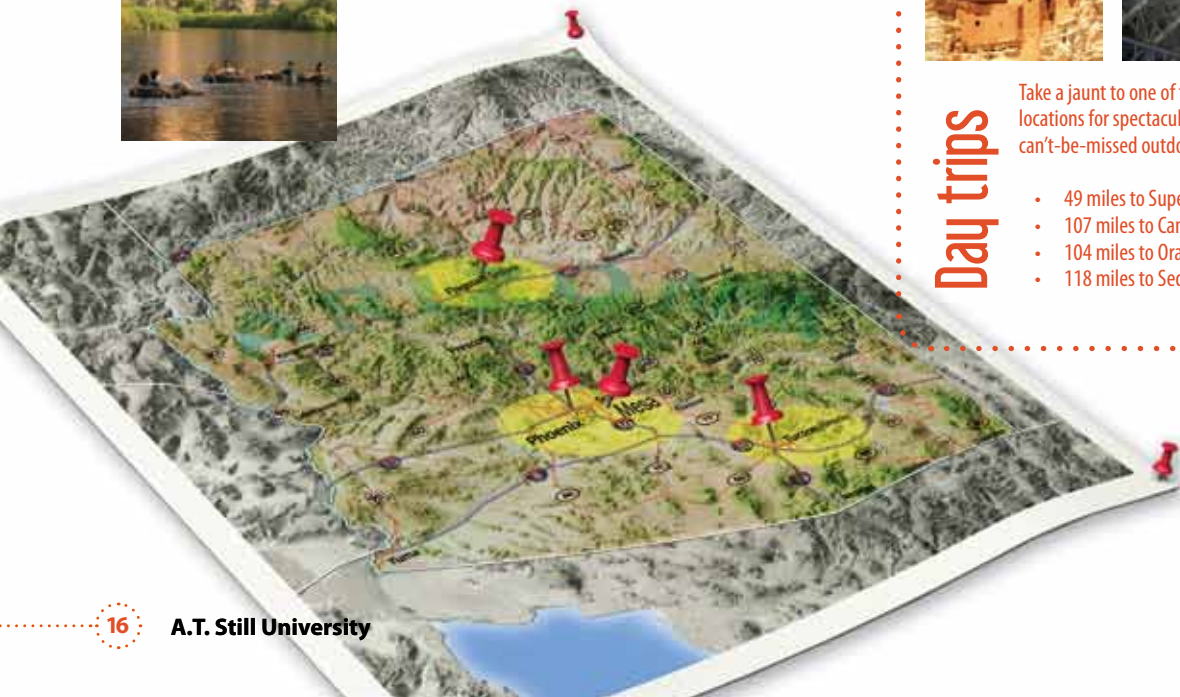
## Mesa shines as a desert



## Day trips

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

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





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

# Mesa, Ariz.



Jenni L. is a 2010 audiology graduate of ATSU's Arizona School of Health Sciences. Originally from Miami, Jenni now lives in Oro Valley, Ariz., near Tucson.



Jenni was married August 2010 in Sedona.

## Day in the life

### Were you nervous about going to school in Mesa?

"I wasn't nervous about moving across the country for school. I've had a lot of practice, living in about 20 different places before moving here."

### First impressions of Mesa

"I always assumed Phoenix and Mesa were 'big cities,' but was surprised at how much it feels like a 'small town.'"

### Favorite things to do in and around Mesa

"I love watching the Phoenix Coyotes and the Arizona Cardinals in Glendale. I also go downtown to see the Suns play. It's great having all the big teams in the same city."

### Favorite day trip

"I adore Sedona; it's only about an hour and a half from downtown Phoenix and it's 10 degrees cooler and beautiful. The red rock is breathtaking."

### Jenni's fave five

5. Tubing at the Salt River
4. Postino Wine Cafe in Downtown Phoenix
3. Cosmo Dog Park in Gilbert
2. First Fridays Art Walk in Phoenix
1. Third Thursdays (free concerts) hosted by X 103.9 FM

location



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