INCLUDED IN THIS ISSUE:
The D.O.c-tacular II
Commencement ceremony
Message from

THE PRESIDENT

In this issue, we celebrate our 39th graduation. It was a wonderful week! The campus was buzzing with activity as the Class of 2016 returned and reconnected with faculty and friends. It was an exciting time to celebrate with our soon-to-be alumni and their families.

Also in this issue, you will learn about another wonderful celebration for all WVSOM alumni, friends and family. We’re calling it “D.O.c-tacular II.” It will be a spectacular weekend that combines the grand opening/ribbon cutting for our new Student Center with our traditional Convocation and White Coat ceremony.

The dates for the festivities are set for Aug. 25-28. The weekend will be jam-packed with activities. There is something for everyone including: 11 hours of CME, entertainment by the Capitol Steps, an alumni barbecue, a celebration banquet, wine and cheese tasting and a farewell brunch on Sunday.

For those of you who attended our 40th anniversary D.O.c-tacular, we expect D.O.c-tacular II to be just as spectacular! If you missed the 40th anniversary, you will not want to miss D.O.c-tacular II. I encourage you to register for this memorable weekend and see how the campus has grown.

Once you tour the new Student Center and the expanded Clinical Evaluation Center you will see that WVSOM is an active and thriving place. We have been ranked by U.S. News & World Report for the 18th straight year, our academic program is flourishing, we have been voted a “Great College to Work For” the fifth consecutive year — all milestones of which we can be proud! I look forward to seeing you in August.

Best regards,

Michael Adelman, D.O., D.P.M., J.D.
There have been times when the project seemed to move quickly and other periods when the work was subtle. From the placement of the top of the clock tower to adding the finishing touches on landscaping, the chatter surrounding the new building has been piqued with curiosity.

The day is coming soon when all WVSOM alumni and families will celebrate and discover the benefits of this new addition to campus. One of WVSOM’s biggest weekends of the year will be Aug. 25-28, when the school celebrates D.O.c-tacular II to include the grand opening of the Student Center, an all-class reunion, the White Coat Ceremony and 11 hours of CME credit.

Michael Adelman, D.O., J.D., WVSOM president, shared his excitement about the upcoming event.

“The most important component of this weekend is alumni reconnecting with each other,” Adelman said. “The first D.O.c-tacular weekend, celebrating WVSOM’s 40th anniversary, was an enormous success. It received a great response and the buzz about this weekend is quickly growing. I would hate for anyone to miss it.”

All activities provide opportunities for WVSOM alumni to reconnect with the school, their friends, faculty and other alumni. The weekend will offer something for everyone: a wine and cheese activity for spouses and significant others, programs for children and entertainment.

Shannon Warren, director of alumni relations, said, “We can’t wait to see everyone. I don’t think alumni can really appreciate the wonderful energy on campus until they come and experience it for themselves.”

Alumni will be focused on CME Thursday evening, Friday morning and Saturday afternoon. On Friday, attendees can enjoy a ribbon-cutting ceremony, followed by tours of the new Student Center, an alumni barbecue and a talented performance by the Capitol Steps. There will also be special invitation only events for Capital Campaign donors.

The annual White Coat Ceremony will take place on Saturday, followed by a reception, spouse and significant others, programs for children and entertainment. Festivities will conclude at the farewell brunch on Sunday.

“Truly, this is not something to miss,” said Bob Holstein, D.O., WVSOM Class of 1979. “It will be a great time for fun, food, friends, family and reflection.”

RESERVE YOUR PLACE FOR THE D.O.c-tacular II event by AUGUST 1

CALL ALUMNI RELATIONS 800.356.7836 EXT. 6257 or REGISTER ONLINE wvsom.edu/doctacular
D.O.c-tacular II events, don’t miss it!
RESERVE YOUR PLACE FOR THE D.O.c-tacular II event by AUGUST 1

THURSDAY, AUGUST 25
CONTINUING MEDICAL EDUCATION
6 - 9 p.m.

FRIDAY, AUGUST 26
CONTINUING MEDICAL EDUCATION
8 a.m. - 1 p.m.
RIBBON CUTTING CEREMONY
1:30 - 2 p.m.
STUDENT CENTER TOURS
2 - 4:30 p.m.
MINGLE TIME
2 - 4:30 p.m.
ALUMNI BBQ
5:30 - 7:30 p.m.
PERFORMANCE
8 p.m.

Please plan to stop by our video booth to share memories of your time at WVSOM.

The Capitol Steps are an American political satire group that has been performing since 1981. The group has released more than 40 albums consisting primarily of song parodies. Originally consisting exclusively of congressional staffers performing around Washington, D.C., the troupe now primarily employs professional actors and singers.

The performance is only open to adults and children 13 years and older.
SATURDAY, AUGUST 27

CONVOCATION AND WHITE COAT CEREMONY
9:30 a.m. - 1 p.m.

CONTINUING MEDICAL EDUCATION
1 - 4 p.m.

SPOUSE AND SIGNIFICANT OTHER ACTIVITY
2 - 3 p.m.

BANQUET
AT THE NEW STUDENT CENTER
Cocktail attire (Black-tie optional)
6 - 9 p.m.

SUNDAY, AUGUST 28

FAREWELL BRUNCH
Sunday 9 - 11 a.m.

There will be activities for children 2-12 years old while you enjoy these events.
Osteopathic medicine is often described as caring for the whole person — mind, body and spirit. The new Student Center is designed to be at the heart of the WVSOM student experience, caring for students with all three tenants of osteopathic medicine.

The architectural design lends itself to an abundance of natural lighting, available to both quiet study spaces and group gathering areas. An inviting patio and a magnificent terrace overlook the campus and provide ample space for students to come to know each other better.

“The vision for this building involved the input of faculty, staff, students, board members, and community leaders,” said WVSOM President Michael Adelman, D.O., J.D. “We also had the support of many WVSOM donors.” (See the full list on pages 46 - 49). Dr. Adelman explained that alumni and supporters adopted rooms and spaces within the Student Center, much like they did for the Clinical Evaluation Center.
The Student Center will offer a full-service café featuring breakfast and lunch and a two-story campus store. When it is time to relax, there is a recreation center that includes pool tables and Ping-Pong. The center also includes a multimedia conference hall with a full stage that will provide opportunities for WVSOM meetings, ceremonies and celebrations. The Student Center will also provide space for student government offices, the student mailboxes and a conference room.

“We had outgrown the current large group spaces on campus, which meant we did not have a space large enough for all students, faculty and staff to join together for celebrations of achievement,” said Marilea Butcher, associate vice president for administrative affairs. “The Student Center will provide us this opportunity in addition to enhancing the student experience.”

“I am proud of the members of the WVSOM team who have worked tirelessly to make this building happen,” Adelman said. “The leadership of Larry Ware (vice president for finance and facilities) guided the construction, carefully watching the budget and the timeline.

“I invite the entire WVSOM family to come discover the new center for themselves,” Dr. Adelman concluded.
AOA president speaks at WVSOM graduation

One hundred eighty-three participating graduates sat draped in their green and black regalia, their tassels swinging back and forth from their caps in front of an audience of about 2,500.

Each of the soon-to-be graduates waited in anticipation of the moment they would walk across stage to receive their Doctor of Osteopathic Medicine degrees from the West Virginia School of Osteopathic Medicine (WVSOM) during the 39th annual commencement ceremony on May 28.

American Osteopathic Association (AOA) President John Becher, D.O., delivered the keynote speech to the Class of 2016 at WVSOM’s campus in Lewisburg. Becher shared advice about the responsibility of becoming physicians to the students before they took the osteopathic oath. The message Becher conveyed referenced the privilege to serve others.

“Class of 2016, today is the culmination of your hard work, tenacity and commitment to become an osteopathic physician so you can improve the health and well-being of those you have the privilege to serve,” he told the graduates. “As the next generation of osteopathic physicians, there is an opportunity for you to influence your colleagues and institutions, not only to provide quality care to the sick, but to refocus efforts on prevention and wellness, and promoting the physical, mental and spiritual well-being of our patients and communities. By working together, side-by-side, with open ears and minds, we can build the trust and teamwork necessary to product true breakthrough innovation and change.”

Class of 2016 President Teresa Bigley offered similar words of encouragement during the Class Address.

“Any physician can ease physical suffering. I would challenge you to be one of the truly great doctors who work to treat more than just the physical,” she told her classmates. “Kindness costs you nothing, yet has the potential to thrive in numerous ways ... The diploma you’re receiving today may open many doors for you, but it does not now, nor will it ever, truly define who you are. That job will always be yours.

“I hope each of you find happiness and come to understand that we are blessed to serve.”

WVSOM’s graduation ceremony is the culmination of students’ four years of hard work and dedication in the classroom and in clinical settings. As the graduates sat together one last time, Becher left them with a quote by Nobel Peace Prize laureate Albert Schweitzer: “The only ones among you who will be truly happy are those who have sought and found how to serve.’ My best wishes as you embark on a lifetime of service and leadership as osteopathic physicians.”

Michael Adelman, D.O., D.P.M., J.D., president, and Craig Boisvert, D.O., FACOFP, vice president for academic affairs and dean, led the ceremony and awarded the degrees. The WVSOM Board of Governors Chair David Rader; WVSOM Alumni Association President Mark Waddell, D.O.; and the President of the West Virginia Osteopathic Medicine Association C. Clark Milton, D.O.; provided messages to guests.

The ceremony concluded with the graduates reciting the osteopathic oath, which officially acknowledges their transition from student to physician.
W.Va. native to provide care to residents in his hometown

The state of West Virginia is based on a large coal-mining heritage and the family of Mark Yost, D.O., is one of many familiar with that industry.

All four of his great grandparents were coal miners, his grandparents grew up in and around the same coal camp in Mercer County, his uncle is a retired miner and his dad is a structural engineer for coal preparation plants. So it’s no surprise that the Athens, W.Va., native’s upbringing was insightful for a visit to a coal company through WVSOM’s Rural Health Initiative (RHI) program. The visit helped him further understand the ins and outs of what workers deal with on a daily basis.

“The coal industry is something that is deeply embedded in my own personal heritage,” the Class of 2016 graduate said. “To get to go underground and live that out myself was great — like getting in touch with my roots.”

Yost said that witnessing the endless hazards of working in a coal mine firsthand — the darkness, uneven floors, low ceilings and heavy machinery — was invaluable, not only to provide him with a deeper level of understanding for the miners he may treat as a physician but also how to compose himself in an emergency scenario.

“I feel like it has prepared me well, if nothing else, so I can communicate better with people who are in these industries,” he said. “There’s an understanding there that other physicians might not have because I’ve been to their work environment and experienced it myself. That understanding and insight into who they are, what they do, the pride they have for their work, how it impacts them and their family dynamic is going to help make me a more sensitive physician.”

Yost appreciates the educational and experiential opportunities he’s had while at WVSOM, and in return, shared that knowledge as a mentor to undergraduates interested in the medical field. Yost wanted to emulate the characteristics of his own RHI mentor, Dr. Ryan Runyon, a 2002 WVSOM graduate and West Virginia family medicine physician.

“He has been an invaluable resource for me with advice, planning my future and encouragement so I developed an appreciation for what a good mentor is,” Yost said. “I thought I’d try to do that for people in undergrad, specifically at Concord (University) because that is my alma mater ... It’s like giving back to my community and helping to prepare the next generation of doctors who I hope will come back and serve southern West Virginia.”

Advice on what to expect in medical school, when students need to apply to medical school, the classes needed during undergraduate college and answers to common questions are all information Yost provides to his mentees in order for them to be interested and ultimately accepted in the pre-osteopathic track program through WVSOM while they are an undergraduate.

Another way in which Yost wants to help people in his career is through international medicine. He participated in a mission trip every year at WVSOM, traveling to Nicaragua, Peru, Guatemala and Ecuador, through the Christian Medical and Dental Association Club.

“I hope to provide care in my hometown but take it overseas as well because I’d still be providing care to underserved people,” he said. “It’s family medicine in the jungle. It still feels like I’m practicing rural medicine even overseas because the people are the same no matter where you go.”

Yost will practice family medicine at Bluefield Regional Medical Center in Bluefield, W.Va. — the same hospital where he was born.
Graduate selects an uncommon specialty

Kristen Capito, D.O., knows she is entering a specialty where the issues are intense, but she’s prepared for the challenge.

While child neurology is not known for being a highly competitive specialty it is a small field. Most academic institutions only have one or two highly-contended spots and most people who are chosen have Ph.D.s or they have completed extensive research in the field. Capito’s strength lies in the public health sector. After graduating from the University of Virginia in 2008, she completed a post-baccalaureate program at UC Berkeley in California, worked at the San Francisco Department of Public Health and then worked at the UCSF (University of California, San Francisco) women’s HIV clinic. Four years after receiving an undergraduate degree she began medical school.

Capito, who is originally from Charleston, W.Va., but was raised outside of Richmond, Va., was the only student in the Class of 2016 to secure a spot in the field of child neurology. She will be practicing at the Medical University of South Carolina in Charleston, S.C.

“I studied cognitive science in undergrad so I was always thinking of neurology and I actually thought I was going to go into neurology,” the recent graduate said. “Then, during my third year, I loved my pediatrics rotation so I was torn between whether to do neurology or pediatrics.”

Instead of deciding between the two specialties, she combined them. Capito will complete two years of general pediatrics, one year of adult neurology and then two years of child neurology — coming out the other side as a sub specialist.

Capito said child neurologists largely care for children experiencing seizures, headaches, concussions, cerebral palsy, development delays, genetic disorders and encephalopathies.

“When adults suffer from strokes there’s not much that can be done aside from rehab to improve their quality of life in the long-term, but working with children with neurologic complaints and their families is completely different,” she said. “The outlook that kids have — they deal with their illness with more optimism. I do carry some concerns about the heaviness (of the issues) and learning to care for patients in these situations is going to be challenging, but also rewarding. There are new treatment developments every day and there are many opportunities to make significant improvements in the quality of a child’s life.”

She recalls a specific patient experience during one of her rotations that helped her to arrive at her final decision.

“During my neurology rotation I observed an adolescent girl who suddenly contracted autoimmune encephalitis. Her body was completely contorted, she couldn’t talk, her mind was still functional, but she was trapped in her own body.”

Capito said it was a powerful experience for her because she wanted to do everything she could to help the patient. There are autoimmune encephalitis clinics — for instance at Duke University, where she completed a rotation — that help aggressively treat patients who later completely recover. Capito said she wants to do that kind of work in her residency.

Capito admits that she didn’t have much guidance or access to information about child neurology, because it is an uncommon specialty. However, the tides are changing. While she may be the only individual in the Class of 2016 to start a child neurology residency, there are four other classmates entering adult neurology. Interest is rising for the branch of medicine that deals with the diagnosis and treatment of diseases and disorders of the nervous system — something Capito is eager to embrace.
Lee’s path shifts throughout journey to graduation

Jamie Lee, D.O., planned on being an English major in college, but she switched plans and ultimately ended up with a Doctor of Osteopathic Medicine degree instead.

Lee, who recently became one of WVSOM’s newest graduates in the Class of 2016, proves that the journey to becoming a physician may not always be one’s lifelong dream, but that life events and experiences can guide someone in the direction of becoming an osteopathic physician.

“I became interested in medicine only after I went on several mission trips to Peru and Thailand with my church while I was in college,” the Ellicott City, Md., native said. “I saw the very apparent health disparities and the need for good health care in these underserved developing countries, and it became something that I couldn’t ignore. After I returned from the mission trips, I changed my major from English to biology and pre-med.”

Lee was interested in urban underserved areas so she began regularly volunteering as a counselor for children in inner city Baltimore prior to beginning medical school at WVSOM. That volunteer work also sprouted her love of working with children — though she didn’t initially realize her desire working with children.

“I’ve always enjoyed working with kids. In college I even considered becoming a teacher; however, I didn’t make the obvious connection when I initially started medical school because pediatrics was the furthest thing on my mind,” she said.

It wasn’t until another mission trip to Peru with the Christian Medical and Dental Association in her second year that Lee began to notice the satisfaction she received from children.

“I was reminded of how much fun it was to work with children,” the recent graduate recalled. “I actually found myself getting overwhelmed with the hundreds of adults we saw on a daily basis, and I would find rest whenever I could run away from the clinic to just play with the kids. This became even more evident during my pediatric rotations because I never felt like I was going to work — work didn’t feel like work. I loved every minute, even when I was working insane hours in the hospitals and comforting parents all day long. I truly enjoyed being able to take care of the patient as well as their family.”

Lee will have the opportunity to continue caring for children in her pediatrics residency at Children’s Hospital of Michigan in Detroit. She will also be able to incorporate her interest in urban underserved areas through the Michigan State University/Authority Health Pediatrics program, which is a consortium created to train residents interested in community medicine and serving underserved populations.

“I wanted to be a part of this program because I wanted to train at a pediatric hospital in a big city so that I could be exposed to a large volume of patients as well as diverse pathology,” Lee said of her interest in the program. “I was also intrigued by the residency’s Population Health Certificate Program, which teaches residents how to integrate clinical care and public health to provide better health care to their patients of different socioeconomic groups.”

Lee’s personal goal in the program and at the beginning of her residency is a simple one — to be a pediatrician who cares for the whole child, including his/her physical health in addition to the child’s family and school life. She wants to be exposed to as much pathology as possible “even if it means that I will be overworked,” she said. “I hope to be able to handle any patient’s problems with confidence.”

That confidence was instilled in her through the many experiences she had at WVSOM — from mission trips to medical education and managing clinical rotation patients — until she graduated at the end of May.
WVSOM celebrated the mind during annual COM Week

WVSOM focused on the “mind” aspect of Mind, Body, Spirit, during the school’s annual Celebrate Osteopathic Medicine (COM) Week, which took place March 7-11.

This year’s theme was about how the mind can affect the body, as well as mental health and positive thinking. Presentations by a WVSOM alumna, representatives from the Cancer Treatment Centers of America and a TED Talk were given. Here’s a recap of the week:

Monday, March 7 — Alumna Frances Southwick, D.O., presented information about protecting emotional health during stressful times in her lecture “You Matter: Protecting your Mental Health.” Southwick provided personal accounts of depression, sleep deprivation and improper nutrition habits during her time in residency. She gave students advice on remembering what is important (the basics in life like water and sleep) after graduating from medical school.

Tuesday, March 8 — During this lunchtime lecture attendees learned about three different patient cases pertaining to the mind-body aspects of the osteopathic model used at the Cancer Treatment Centers of America. The presentation by Chris Stephenson, D.O., explained how different traumatic life experiences can ultimately have an affect on life expectancy.

Therapist Gerri Delmont offered an image relaxation session to help calm attendees’ mind and body. Patient Sera Snyder discussed her personal health case and the importance of building relationships with patients. “Your words can hurt or heal, kill or give hope,” she told WVSOM students. “Plant seeds of hope and opportunities.”

Dr. Stephenson offered an afternoon workshop to students that taught osteopathic techniques for understanding and treating the effects of birth trauma. All three presenters shared their stories during a community presentation at the Greenbrier Valley Theater Tuesday evening.

Thursday, March 10 — COM Week events culminated with a lunchtime TED Talk by Kelly McGonigal, Ph.D., a psychologist at Stanford University, about changing one’s attitude about stress. In the past, people have been led to believe that stress is negative, but new findings show that re-teaching people that stress is positive and can energize individuals will help their health.

McGonigal stated that how stressful a situation is depends on how an individual chooses to deal with that stress. There are three ways to change a mindset about stress:

1. Notice stress when it happens
2. Determine why you care
3. Rise to the challenge
Representatives from WVSOM’s ASPIRE department elaborated on the TED talk by offering techniques that can be used in the mind-body to assist with health and healing.

Throughout COM Week, organizer Dr. Robert Foster, WVSOM’s associate dean of osteopathic medical education, stressed the difference between illness and wellness is “I” versus “we.” Handling health issues is much easier when someone has support rather than trying to deal with it themselves.

COM Week supports the larger National Osteopathic Medicine (NOM) Week initiative recognized by the American Osteopathic Association. NOM Week brings the osteopathic medical profession together to focus on increasing awareness of osteopathic medicine and D.O.s in communities across the country.
WVSOM recognized by *U.S. News* for 18th year

The West Virginia School of Osteopathic Medicine (WVSOM) has been recognized as one of the nation’s top medical schools.

The school is ranked No. 12 in family medicine among all osteopathic and allopathic schools nationwide by the *U.S. News & World Report* “America’s Best Graduate Schools” 2017 annual publication. This is the 18th consecutive year WVSOM’s programs have received recognition.

Among all medical schools in the nation, WVSOM is No. 5 in the percentage of graduates entering primary care specialties, based on 2013-2015 residency data. Specifically, 70.1 percent of WVSOM graduates entered primary care.

“Part of our school’s mission is to emphasize primary care in rural areas,” said WVSOM President Michael Adelman, D.O., J.D. “The fact that such a large percentage of our graduates are entering primary care and we continue to be recognized by *U.S. News* proves that WVSOM is delivering on its mission.”

Medical school deans and senior faculty from across the U.S. determined the rankings based on educational programs. Results were calculated from a survey of accredited M.D. and D.O. medical schools across the country. The *U.S. News & World Report* recognizes institutions that offer top programs spanning specialties like business, law, medicine, engineering and education.

WVSOM receives COCA accreditation

WVSOM was granted continuing accreditation for seven years, the most an institution can receive, by the American Osteopathic Association’s Commission on Osteopathic College Accreditation (AOA COCA) at its April 16-17, meeting.

WVSOM received commendations for meeting its mission of providing primary care osteopathic physicians for rural areas and for its Healthy Children’s Initiative to improve the health of children through nutrition, exercise and making healthy choices. AOA COCA is the only agency that is recognized by the U.S. Department of Education for accrediting osteopathic medical schools.

The accreditation process is to ensure that the education provided by the institution meets acceptable levels of quality. It also creates a culture of continuous quality improvement that stimulates the raising of standards at the institution. The process involves administration, faculty, staff and students in a proactive comprehensive evaluation of the institution that is focused on the standards set by AOA COCA. The submission of an institutional self study is followed by an onsite visit by an evaluation team to determine whether or not the standards have been met. By receiving continuing accreditation for the maximum number of years allowed by AOA COCA indicates that the institution is meeting the accreditation standards for its Doctor of Osteopathic Medicine program.

WVSOM Vice President for Academic Affairs and Dean, Craig Boisvert, D.O., and WVSOM Vice President for Administration and External Relations, Jim Nemitz, Ph.D., lead the long and thorough process for accreditation.

“The COCA accreditation is considered the gold standard for accreditation in osteopathic medical education. It is something for which alumni and the WVSOM family can be proud,” Nemitz said. Boisvert added, “We achieved this goal through the hard work of a large team at WVSOM. Now we must turn our attention to the next accreditation review cycle.”

WVSOM is also fully accredited by the Higher Learning Commission, which is one of six regional institutional accreditors in the U.S.
MSOPTI receives initial accreditation from the ACGME

On February 26, 2014, the Accreditation Council for Graduate Medical Education (ACGME), American Osteopathic Association (AOA), and American Association of Colleges of Osteopathic Medicine (AACOM) announced their agreement to a Memorandum of Understanding (MOU) outlining a single graduate medical education accreditation system in the United States. The single accreditation system (SAS) allows graduates of allopathic and osteopathic medical schools to complete their residency and/or fellowship education in ACGME-accredited programs and demonstrate achievement of common milestones and competencies.

The ACGME and AOA have been working together to ensure a smooth transition to the single accreditation system. AOA-approved programs and Sponsoring Institutions can now apply for ACGME accreditation, and must achieve ACGME Initial Accreditation by June 30, 2020, the date that the AOA will cease to accredit graduate medical education programs.”

At the April, 2016 ACGME Institutional Review Committee meeting, MSOPTI’s ACGME Institutional Sponsorship application was reviewed and approved resulting in an upgraded accreditation status from “Pre-Accreditation” to “Initial Accreditation”.

This status allows MSOPTI’s osteopathic residency and fellowship training programs to develop and submit program applications to the ACGME in order to become ACGME accredited.

Vicki Shuman, D.O., FACOFP, associate dean for graduate medical education and MSOPTI academic officer and William “Bill” Shires, MSOPTI executive director and Designated Institutional Official have been engaged in strategic planning with WVSOM and MSOPTI training sites to address the (SAS) transition.

There has also been significant collaboration with MSOPTI program leadership in developing ACGME residency program applications. Bill Shires stated that “while unchartered, this is an exciting time in Graduate Medical Education”. He noted that “ultimately, medical students will be afforded a wider variety of training opportunities and resources.”

Green Bank scientist visits WVSOM during Spring Research Forum

WVSOM’s annual Spring Research Forum featured a discussion by Dr. Felix James (Jay) Lockman, a Green Bank Telescope principle scientist about “Recent Discoveries in Radio Astronomy” in April.

Much of radio astronomy is done “from the ground,” with Lockman’s research interest mostly focusing on the structure and evolution of the Milky Way and the structure of the interstellar medium. He is currently conducting studies of gas flows into and out of galaxies, using the Green Bank Telescope and other instruments to make sensitive measurements of neutral hydrogen beyond the Milky Way. He is also studying gas particles and movement and how it could lead to producing more than a million new stars.

During the forum, five WVSOM students were inducted as new associated members to the Greenbrier Valley Chapter of Sigma Xi. They were Mohammed Ahmed, Christopher Labuda, Joanna Wieckowska, Kathleen Woods and Emily Zagorski. All but Labuda (who was not present) were recognized at the start of the Spring Research Forum.
RHI hosted Rural Health Day

WVSOM’s Rural Health Initiative (RHI) program hosted the fifth annual Rural Practice Day event on March 5.

Emphasizing primary care in rural areas, a group of successful rural physicians gave testimonials and led workshops intended to teach participants about the health opportunities that exist for the underserved in West Virginia.

Rural Health Day participants also learned about financial incentive programs available for rural practices.

RHI students raise Hepatitis C, diabetes awareness

Third-year students James Mason and Rosemary Savage attended the Montcalm High School Health Fair March 16.

Mason and Savage spoke to the students about Hepatitis C and diabetes — illnesses that have become a health crisis in Mercer County.

Carrier awarded a governor’s STEM grant

Raeann Carrier, Ph.D., was awarded a grant from the Governor’s STEM Initiative in February. The grant money funds the “Just say KNOW to Drugs!” pharmacology camp at WVSOM in June.

The grant funding supports science, technology, engineering and math (STEM) activities in schools across the state. The program is designed to serve West Virginia students from Pre-K through high school.

Gov. Earl Ray Tomblin established the Governor’s Council on STEM to develop specialized education opportunities for students to meet workforce demands and increase the number of graduates in these fields over the next decade.

Ward recognized with Basmajian award

The American Anatomical Association honored Dr. Peter Ward with the Basmajian Award for 2016.

The award recognizes health science faculty who are in the formative stages of their career; within 10 years of their highest earned degree at the time of nomination; teach human or veterinary gross anatomy; can document excellence in their contribution to the teaching of gross anatomy; and have outstanding accomplishments in biomedical research or scholarship in education.
WVSOM professor named finalist for state award

WVSOM professor Jill Cochran, Ph.D., was named a finalist for the state’s 2015 Professor of the Year award.

Cochran was one of five finalists selected by the Faculty Merit Foundation of West Virginia, an organization devoted to recognizing and rewarding innovation and creativity among the faculties of the state’s public and private colleges and universities.

The WVSOM clinical science professor was honored alongside the other finalists at a reception and banquet at the Cultural Center in Charleston in March.

“It was an unbelievable honor to be nominated from WVSOM,” Cochran said of the recognition. “Being chosen as a finalist was something that I would never have imagined.”

With her work at WVSOM, Cochran has proven to instill practical application skills to students as they progress through the learning experience. She has done this by offering labs that allow students an opportunity to evaluate a patient and then create a plan for the patient based on evidence in a timed encounter. She has also led a yearlong longitudinal course, providing students hands-on skills while incorporating interdisciplinary teams consisting of doctors, nurses, EMTs and physical therapy workers.

Dr. Cochran has been a leader in translational research at WVSOM. She has at least eight current projects that will ultimately formulate plans to improve the health of West Virginians to include “assessing insulin sensitivity in overweight and obese children in rural Appalachia.” She has also been an active force in promoting the value of statewide partnerships.

During the banquet, WVSOM President Michael Adelman, D.O., commended Cochran for her hard work and dedication to WVSOM and the state.

“As an accomplished educator, health care provider and mentor, Jill motivates her patients, enthuses her colleagues and inspires her students every day. WVSOM is proud that Dr. Jill Cochran is a part of our family.”
Nearly 100 local children take part in science carnival

WVSOM’s Pediatrics Club and Student Osteopathic Medical Association hosted its first-ever Kids Science Carnival on Feb. 27, with nearly 100 children from the area participating.

The free event, offered to elementary and middle school-aged students, provided local youth with a variety of hands-on science experiments such as creating rainbow prisms and playing a water xylophone. Activity stations included fingerprint dusting, constellation creation and a human anatomy puzzle.

Pediatrics Club Historian Elizabeth Mazeka said the science carnival was an opportunity to give children a chance to learn about “fun” aspects of science in an environment that’s not a typical classroom.

Professor Science, from the PBS children’s television show Abracadabra, joined the students to share some entertaining science experiments.

“The first Kids Science Carnival has been an incredible success,” said Jim Nemitz, Ph.D., WVSOM’s vice president of administrative and external relations and Professor Science. “The WVSOM students have done an excellent job in terms of organizing and implementing an outstanding science carnival. This is a great idea and we’ve got to keep doing it.”
Richard Andrew Kelso, Ph.D.
Faculty position of human resources specialist

Kelso will assist the department in providing coordination and leadership in the various human resource functions, which include faculty and staff recruitment; training and development; employee relations; administration of affirmative action programs; and other HR functions. He will also have teaching responsibilities within the WVSOM curriculum in this faculty position. Kelso has a Ph.D. in philosophy from the University of Arkansas and a Master of Arts degree from the University of Tennessee. He is a member of the Division of Medical Ethics with the NBOME and is affiliated with the West Virginia Network of Ethics Committees. Kelso has experience teaching WVSOM students in medical ethics since 2014 and has several years previous experience teaching business ethics; medical ethics; ethics and society; philosophy; and private company management.

Marketing and Communications Department wins awards

The WVSOM Marketing and Communications Department received four “Excellence in Communications Awards” at the AACOM 2016 Annual Conference in Washington, D.C.

The department was awarded first and second place for best recruitment pieces (the Osteo Path admissions materials targeting high school students and the viewbook). The article “RHI students explored underground mines” won third place, and the WVSOM community service tabloid received an honorable mention in the category known as other.

AACOM’s “Excellence in Communications Awards” are presented in honor of the outstanding marketing, media relations, public education, writing and design efforts of the nation’s colleges of osteopathic medicine.

Schmidt participated at the ECOP

Deborah Schmidt, D.O., represented WVSOM at the Educational Council on Osteopathic Principles (ECOP) meeting April 14-17, at the Alabama College of Osteopathic Medicine in Dothan, Ala.

Schmidt, an associate professor in the Department of Osteopathic Principles and Practice, participated in the completion of an update to the Glossary of Osteopathic Terminology; helped plan for the upcoming publication of Foundations for Osteopathic Medicine 4th Edition; and was a member of a sub-committee on inclusion of osteopathic terminology in the international Systematized Nomenclature of Medicine (SNOMED).

ECOP is an extension committee of the American Association of Colleges of Osteopathic Medicine dedicated to furthering the development and study of osteopathic medicine. WVSOM will host the fall 2016 ECOP meeting from Sept. 29 – Oct. 2.
Students, faculty receive scholarships at Spring Awards ceremony

The West Virginia School of Osteopathic Medicine (WVSOM) has recognized medical students for their academic and community achievements during the annual Spring Awards ceremony.

WVSOM faculty were also recognized by students for their commitment to educating future physicians. This year’s event, which took place April 14, offered recipients a total of $55,800 through 25 scholarships and certificates of appreciation.

THE ROLAND P. SHARP PRESIDENT’S AWARD AND FOUNDATION AWARD OF EXCELLENCE for student achievement is given to a student based on academic performance, osteopathic professional interest, leadership and citizenship to a first-year student.

THE JAMES R. STOOKEY, D.O. MANIPULATIVE MEDICINE SCHOLARSHIP was formed in honor of James Stookey, vice president for academic affairs and dean from 1988 to 2002. The scholarship is given to a student who has demonstrated proficiency in manipulative medicine.

THE FREDRIC W. SMITH MEMORIAL SCHOLARSHIP is awarded to a student completing his or her first year of medical school. The student must plan to practice family medicine and have a strong interest in the school and community.

THE STUDENT D.O. OF THE YEAR AWARD acknowledges a student’s commitment to his or her school, community and the osteopathic profession.

THE TRANSLATING OSTEOPATHIC UNDERSTANDING INTO COMMUNITY HEALTH (T.O.U.C.H.) program encourages medical students to be engaged in community service work throughout the year and volunteer in the area. This year, a total of 348 WVSOM students volunteered 18,028 hours of their time to the community. The Platinum level winner was Anne Taylor, who donated 224 individual hours.

Ethan Stephens

Anne Taylor

Ashley Blake

Hannah Young

Anne Taylor
THE RONALD P. BILLIPS MEMORIAL SCHOLARSHIP was formed by a 2002 WVSOM graduate to honor his friend and classmate killed in a car accident. The award is given to a first-year student who is a graduate of Big Creek, Iaeger, Mount View, Princeton or Bluefield high schools in West Virginia or Graham, Tazewell, Richlands or Pocahontas high schools in Virginia.

WVSOM ALUMNI ASSOCIATION SCHOLARSHIPS were given to two students who exemplify scholarship, osteopathic professional interest, leadership and citizenship.

THE GREENBRIER MILITARY SCHOOL ALUMNI ASSOCIATION SCHOLARSHIP is presented to two students who excel academically and show strong leadership, determination and discipline.

SPECIAL AWARD was made by President Michael Adelman to Student Government Association the President and vice president. The award recognizes service and leadership to WVSOM and the student body.

THE RONDALD DAILEY MEMORIAL AWARD is given to a second-year student from West Virginia who demonstrates a commitment to academic excellence and service.

THE LORETTA MOORE MEMORIAL AWARD recipient is chosen by first-year students to a classmate who has overcome obstacles in order to succeed.

THE SAMANTHA KETCHEM MUNCY PRIMARY CARE MEMORIAL SCHOLARSHIP was formed to honor Muncy, a student killed in a car accident. The scholarship is awarded to a third-year medical student from Barbour, McDowell, Taylor, Preston or Harrison counties in West Virginia who plans to remain in the state to practice in a primary care specialty.

THE FREDRIC W. SMITH COMMUNITY SERVICE AWARD recognizes a campus organization or club that demonstrates a commitment to the Lewisburg community, the WVSOM community and classmates.

THE PAUL KLEMAN, D.O., FAMILY PRACTICE STUDENT AWARD recognizes a student member of the Kappa Chapter of the WVSOM American College of Osteopathic Family Physicians.
THE COMMUNITY OUTREACH AND RELIEF EFFORT (CORE) recognized members for their service. This year, 10 students received the honor.

THE STUDENT GOVERNMENT ASSOCIATION SCHOLARSHIP AWARD is presented to first-, second- and third-year students who have mentored fellow students, shared their own resources to facilitate the learning of others, have founded clubs or organized events and have brought students together in new and creative ways.

THE STUDENT GOVERNMENT ASSOCIATION APPRECIATION CERTIFICATES are given to employees by SGA members for their work and support on behalf of medical students.

THE STUDENT GOVERNMENT ASSOCIATION CHARACTER SCHOLARSHIP AWARDS were new to this year’s program. The award is presented to first-, second- and third-year students who possess and demonstrate characteristics that may sometimes go generally unnoticed but are noted by peers.

THE MOSS SCHOLARSHIPS are in honor of the late Marlene Wager, D.O., and are presented to students who are not West Virginia residents. This year, 14 students received the scholarship.

THE DR. WILLIAM B. MULLEN AND JENNIFER WHITE SCHOLARSHIP was created in recognition of Dr. William B. Mullen of Logan, W.Va., who cared for patient, Jennifer White, who passed away in 2011.

THE STUDENT GOVERNMENT ASSOCIATION SCHOLARSHIP AWARD is presented to first-, second- and third-year students who have mentored fellow students, shared their own resources to facilitate the learning of others, have founded clubs or organized events and have brought students together in new and creative ways.

THE STUDENT GOVERNMENT ASSOCIATION SCHOLARSHIP AWARD is presented to first-, second- and third-year students who have mentored fellow students, shared their own resources to facilitate the learning of others, have founded clubs or organized events and have brought students together in new and creative ways.
THE CHERYL AND MICHAEL ADELMAN WVSOM LEADERSHIP SCHOLARSHIP is awarded to third-year students who have demonstrated character and leadership during their time at WVSOM and who have the potential to be future leaders in the osteopathic profession.

Ari Shaeffer, James Mason, Miles Medina and Ryan Stradleigh

THE ATLAS CLUB GOLDEN KEY AWARDS are given to a clinical science faculty member selected by students. Dr. Straley’s daughter, Lilly, accepted the award in memory of her father.

Daryn Straley, D.O.

Peter Ward, Ph.D.

THE ATLAS CLUB GOLDEN KEY AWARDS are given to a biomedical science faculty member selected by students.

THE MARLENE WAGER 10-FINGERED OPP SCHOLARSHIP was created by the Osteopathic Principles and Practice (OPP) department in 2008 to recognize a second-year student with outstanding skills in osteopathic manipulative treatment (OMT). Candidates are nominated and voted by classmates. The winner has his or her name engraved on a plaque that is displayed in the osteopathic clinical skills lab.

Tom Kashwagi

THE MARLENE WAGER 10-FINGERED OPP SCHOLARSHIP was created by the Osteopathic Principles and Practice (OPP) department in 2008 to recognize a second-year student with outstanding skills in osteopathic manipulative treatment (OMT). Candidates are nominated and voted by classmates. The winner has his or her name engraved on a plaque that is displayed in the osteopathic clinical skills lab.

THE U.S. PUBLIC HEALTH SERVICE EXCELLENCE IN PUBLIC HEALTH AWARD is given to a student who has developed and implemented a program advancing the overarching goals and achieving the objects of Health People 2020. The student has also developed and implemented a program that addresses the priorities of the National Prevention Strategy. Dr. Craig Boisvert accepted the award in Harris’s absence.

Rachel Harris

THE OSTEOPATHIC PRINCIPLES AND PRACTICE (OPP) INTEGRATION TEACHING AWARDS are given to faculty members on and off campus. The winners are recognized for their efforts in teaching as well as those who have excelled in integrating OPP in their classes. Recipient not photographed is Janice Jenkins Miller, D.O., (off-campus).

WVSOM faculty who were recognized by students were:

Peter Ward, Ph.D.

Andrea Nazar, D.O.
Awards ceremony recognized graduating medical students

Students in the graduating Class of 2016 were recognized for their achievements in medical school during an annual Graduation Awards Ceremony at the West Virginia School of Osteopathic Medicine on May 27. Graduation awards totaled $19,700.

This year’s class consisted of 183 graduates, with 58 percent of graduates entering primary care residency programs and a 100 percent residency match.
Two students from each of the six statewide campus regions received awards along with preceptors who have assisted students during their third- and fourth-year clinical rotations. Paul-Ryan Haffey and Natalie Kudlak received recognition for the northern region; Lauren Berninger and Molly Buckland received recognition for the eastern region; Stephanie Shakr and Timothy Wolff received recognition for the central region; Scott Brown and Dharika Shah received recognition for the south east region; Molly Casto and Cameron LeMasters received recognition for the south central region; and Hira Chaudhary and Dominique Elmore received recognition for the south west region.

The event recognized 19 students who graduated with honors. In addition, 28 Psi Sigma Alpha students were recognized. Psi Sigma Alpha is a National Osteopathic Scholastic Honor Society. Nine students were recognized with the American Medical Women Association Glasgow-Rubin Achievement Award. Forty-eight students in Sigma Sigma Phi, a national osteopathic medicine fraternity that supports medical scholastic excellence, received cords reflecting their membership in the organization. Four graduates were recognized with special coins for their military service.
AACOM reps visited WVSOM

The government relations team from the American Association of Colleges of Osteopathic Medicine (AACOM) visited WVSOM in March to discuss federal legislation important to osteopathic medical colleges with students and staff.

Mary-Lynn Bender, director of congressional affairs, and Pamela Murphy, vice president of government relations, discussed AACOM’s advocacy efforts and the importance of being a knowledgeable representative to the profession.

“WVSOM is the only osteopathic school that we consistently visit every year because your leadership knows it is important to communicate the policy issues we work on, on a regular basis,” Murphy said to the guests.

The three policies of importance pertaining to osteopathic medical students are:

1. Graduate Medical Education residency slots — AACOM supports a program called Teaching Health Center GME Program, which was originally part of the Affordable Care Act that provided funds to teaching health centers for a primary care physician. Due to the nature of the placement among the program, osteopathic medical schools benefit the most from the program.

2. Student loan debt — Growing student loan debt is a concern throughout the nation. AACOM is active in discussion and legislation to help reduce student loan debt, especially as it pertains to public service following graduation.

3. Physician workforce — A new advocacy campaign by AACOM called ED to MED will bring together students, medical educators and other advocates dedicated to raising the profile of student issues in Congress. The campaign will work to keep Congress from capping loan forgiveness programs at a rate much lower than average student debt. Murphy and Bender explained that Congress must incentivize public service and service in underserved rural and urban areas for medical and other graduate and professional students.

Did you know?

AACOM represents 31 accredited osteopathic colleges in the U.S. at 46 teaching locations, representing more than 26,000 osteopathic medical students in the 2015-2016 academic year.
WVSOM faculty, staff and some students filled the House of Delegates hall at the state Capitol on Feb. 1, 2016 — a day West Virginia Gov. Earl Ray Tomblin declared “WVSOM Day” in the state.

The proclamation was presented to WVSOM President Dr. Michael Adelman with students and employees nearby to take part in the official recognition. The school was also presented with a Resolution from Senate and a Citation from the House of Delegates.

This was the fourth annual WVSOM Day at the Capitol. The following information was available at booths: free blood pressure readings by students, admissions, marketing, Statewide Campus, alumni, human resources, foundation, patient simulators, Rural Health Initiative, rural physician recruitment, Center for Rural and Community Health, Healthy Children’s Initiative, research, AHEC and MSOPTI.
WVSOM Military students recognized

First-year student Michael Platzer and second-year students Rachel Brame and Erica White were elected to national leadership positions at the Association of Military Osteopathic Physicians and Surgeons (AMOPS) conference in April, in Philadelphia.

Platzer, a member of the Navy, was elected Navy Branch Representative; Brame, a member of the Air Force, was elected education chair; and White, a member of the Army, was elected public relations chair.

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Whatcha’ gonna do now?

Mark Waddell, D.O., president of the Alumni Association Board, addressed the Class of 2016 graduates during their recent graduation ceremony. His message is a good reminder to us all regarding how we approach our life’s mission when we are met with hurdles. Excerpts from his speech follow:

For the last four years, your full attention has been directed on this day. You have immersed yourselves in anatomy, physiology, pharmacology, immunology and neurology. If there’s a word in the English language that ends in “ology” you’ve probably been tested on it. You have spent many hours with robots to learn about human touch.

All of those efforts and countless others have been completely focused on getting to sit in one of those chairs you are sitting in now. Well sit back and take a breath. You’re here. Though, I’ll bet that except for a few passing thoughts and dreams of residency, most of you haven’t asked yourself the question, “What am I going to do now?”

I had an attending physician in residency that was fond of asking that question.

When unexpected lab results flew in the face of our diagnosis he would ask, “Whatcha’ gonna do now, … doctor?” Even when there was a success to celebrate, he would look at his resident with a sardonic grin and ask, “Whatcha’ gonna do now, … doctor?” He would remind us that in spite of our immediate success we needed to think of our patient’s future.

One day, one of my elderly patients became confused and agitated while in the hospital. I was the physician who was in charge of trying to restore order to this lovely lady’s world that day. I approached her, gently with kindness and patience. Unfortunately, she thought we were trying to harm her. She grabbed a half-full urinary catheter bag by its tubing and began twirling it above her head like a lasso, defending herself.

I learned to dance that day.

In the midst of trying to subdue the lady and not get soaked in the process, I heard a chuckle. My attending was lounging against the wall at a safe distance. With that grin he asked, “Whatcha’ gonna do now, … doctor?”

My question to you is, “Whatcha’ gonna do now, … doctor?” The alumni of the school in essence would tell you; become a doctor that develops your practice around the osteopathic tenets.

1. The body is a unit of mind, body and spirit. All three parts need care. While we deal extensively with the body and mind, do not neglect the spiritual welfare of your patients, your family and yourself.

2. The body is capable of self-regulation and healing. It is your job to remove the impediments to healing and healthy life.

3. Structure and function are reciprocally related. A sleek, elegant machine operates in a sleek, elegant manner. If a machine doesn’t operate with efficiency there is probably something wrong with its structure.

4. Rational care (and action) is based on an understanding of these principles.

You will soon discover that these principles can and should be applied, not just to your practice but to your personal and family life, as well.

Congratulations on your achievement and welcome to the WVSOM Alumni Association.

Mark Waddell, D.O., ‘90
President, WVSOM Alumni Association
Rural primary care: a passion with a purpose

Madonna Ringswald understands that her decision to become a physician was one of the most fulfilling decisions of her life — especially for her since she provides health care to underserved patients in rural communities.

“This is one of the most precious, gratifying jobs that anyone could ever do,” the WVSOM 1979 graduate said. Ringswald is a regular attendee at WVSOM Alumni Association CME events and while she enjoys seeing old friends and mentors, she benefits greatly from the sessions. “You have to constantly stay current, up-to-date and keep yourself educated, because what you learn in school quickly becomes outdated.”

Ringswald, D.O., FAAIM, practices at the small, 100-bed Baptist Health LaGrange in La Grange, Ky., a bedroom community outside of Louisville. She was born and raised in Oceana, W.Va., so for her it was only fitting that she would want to practice in a small town.

“Home and family have always been important to me. I think that physicians have to look inwardly to see what they need for themselves and their families,” she said. “I think most people thrive in situations similar to what they are raised with and I was raised in a small community. During my rotations I realized that the small communities were where I was the happiest.”

Ringswald said serving rural areas is rewarding because the needs are so great across multiple generations of families.

“One of the benefits as a physician is building relationships with families. By practicing in the same place through many years you become embedded and invested in not just your patients’ health care but in their lives and in the community,” she said.

According to Ringswald’s observation, two of the more common issues that remain for patients in rural areas are travel to see specialists and insurance accessibility. She believes patients can receive the health care they need from primary care physicians, but when it comes to specialty care patients there may be barriers from making the 30-minute to one-hour trips.

“People can’t always leave their community for care. If they have the opportunity to stay in their community for an office visit rather than drive 30 minutes to an hour for an office visit it’s obvious it will be easier to stay in their area,” she said. “If we can entice specialists to have office hours one to two times a week that helps patients.”

Ringswald encourages students who may not be interested in primary care medicine to still take action in offering care to small communities.

“Whether students want to become primary care physicians or specialists, there’s always that opportunity to give of yourself, to your community and help the needs of others that are out there,” she said. “If you live and work in a more populated area, you can still serve rural communities.”

She volunteers her own time as a medical director who provides care to patients at the Hope Health Clinic in her town. The clinic, formed five years ago, offers service to those without insurance or access to health care. Ringswald and a group of other health care practitioners volunteer their free time to ensure patients receive adequate health follow-ups. Ringswald has also made personal house visits and nursing home visits in the past.

“Being physicians we are here to serve. When you approach being a physician as a healer it’s satisfying to go to an area where you are most needed and where you can give back,” she said. “That’s when you feel all that you do is appreciated.”

Ringswald is the medical director of the hospitalist program and medical director of the skilled care and rehabilitation unit at her hospital. She is also the medical director at the Oldham County Board of Health Clinic and president of the Kentucky Osteopathic Medical Association. She is board certified in internal medicine and in hospital medicine through the American Board of Physician Specialties.
Full circle: A dream of becoming a doctor leads back home

Jill Powell remembers visiting the doctor as a young girl and looking at the counter with jars filled of cotton balls and tongue depressors thinking, “I want that.” That’s when she decided she wanted to be a physician.

“I just thought that was the coolest thing,” she remembers about her fascination with the medical supplies. “That’s why I’ve wanted to be a physician my whole life.”

After attending undergraduate school at Marshall University, she moved to Lewisburg to attend WVSOM where she graduated in 2004. Powell enjoyed living in different West Virginia towns while she advanced her education, but admits she missed her hometown of Williamstown.

“After graduating from WVSOM I was able to join a practice where the physician was getting ready to retire and was looking for someone to take over his practice,” she said of her opportunity to move home.

Powell now practices family medicine in Williamstown, W.Va. Even the building she practices in has a personal connection to her — it was owned by her great grandparents.

“My great grandparents owned that building in the 1930s and had a gas station there. My grandmother lived there because there was an apartment above the gas station,” she said. “It wasn’t my plan to go back to that building because my great grandparents owned it, but that’s how it ended up.”

Powell returned to her hometown because of a strong desire to help small communities and the people who live in them. She was drawn to Williamstown the same way she was inexplicably drawn to family medicine.

“My inclination was to always do family medicine and I never really waivered from that plan,” she stated. “The joke is when you get into medical school you can stop saying you want to go into family medicine, but that wasn’t the case for me. I really truly wanted it.”

As a family physician she greatly enjoys providing care to multi-generational families, from grandparents to parents to children. She enjoys the sense of community and establishing relationships with patients, bumping into them while dropping-off her children at school, at the grocery store or at sporting events.

Powell dubs herself and other primary care physicians as the “Jack of all trades” in small communities. She recalls in some of her rural rotations that the scope of practice was broader. In Spencer, W.Va., she rotated with a family medicine physician who also provided OB-GYN care (so she witnessed four deliveries before she ever completed an OB-GYN rotation), performed C-sections, laparoscopies, and circumcisions, visited nursing homes and provided psychiatric care a few days a month.

“That rotation was a great primer to some of the things that would only be seen on a specialist rotation,” she said. “Experiencing those cases was valuable in rural rotations.”

Now, Powell is paying her knowledge forward by sharing all she can about family medicine and being a rural physician to current WVSOM students as a preceptor. She is also the director of medical education at Marietta Memorial Hospital in Ohio.

Powell has come full circle — providing health care to people in her hometown where she sat years ago in a doctor’s office, staring at cotton balls and dreaming of becoming a physician.
Alumni Association hosts annual Mid-Winter CME

WVSOM alumni and their families were brought together in Charleston, W.Va., to attend WVSOM’s annual Mid-Winter Osteopathic Seminar.

The event, which provided 22 sessions to physicians, took place Jan. 29-31, at the Embassy Suites. Event lectures offered updates on medical topics, some of which included health care on social media, new developments in osteopathic medical education, gynecological procedures for primary care physicians, new drugs, STDs and opioid prescribing.
WVSOM faculty and alumni provided information for a majority of the sessions.

An Alumni Luncheon and annual meeting was part of the weekend’s events. Typically, the Distinguished Alumni of the Year award is presented to one outstanding WVSOM alumni, but this year that honor will be presented at the school’s D.O.c-tacular II event taking place during Alumni Weekend, Aug. 25-28.

This year’s presenters at the seminar were:

- Debbie Henceroth, RN
- Charles Davis, D.O.
- Mark Waddell, D.O.
- Michael Peterson, D.O.
- Machelle Linsenmeyer, Ed.D.
- Elaine Soper, Ph.D.
- Lori Tucker, D.O.
- Rae Godsey, D.O.
- Jill Cochran, Ph.D.
- Tina Plaugher
- James Deering, D.O.
- Ray Harron, D.O.
- Chris Terpening, Ph.D., PharmD
- Michael Coyle, D.O.
- Kellen Choi, D.O.
- James Lively III, D.O.
- Serge Wenzel, D.O.
- Dustin Buchanan, D.O.
- Megan Harman, D.O.
- Eric Boggess, D.O.
- Chris Sikes, D.O.
- Adam Sadwoski, D.O.
- Richard Houck, D.O.
- Arian Moshref, D.O.
- Niket Shah, D.O.
- Karen Steele, D.O.
- Richard Vaglienti, M.D.
- Alexis Tracy, D.O.
Class notes

1978
Naomi F. Wriston, D.O., is assistant medical director-onsite/wellness with OhioHealth Employer Services in Columbus, Ohio. Dr. Wriston was awarded her CAQ in occupational medicine in March. She is also certified in family practice and is the chair of the basic course of occupational medicine with AOCOPM.

1986
Roland Powers, D.O., completed a year as combined joint task force surgeon for the Horn of Africa in charge of all U.S. forces health care and the development of a Somalia National Army medical department.

1988
Richard Durham, D.O., and his wife, Linda, are proud to announce the 2015 graduation of their son, Jonathan Durham, from the Berklee College of Music where he obtained a Bachelor of Music degree. Jonathan is majoring in songwriting and will attend Berklee College of Music Masters of Music in Film Scoring in Valencia, Spain, in September. Jonathan was selected out of hundreds of applicants from all over the world. Only 30 were chosen.

1990
Judith M. Knoll, D.O., has been named the 2016 recipient of the Benjamin A. Field, D.O., FACOEP – Mentor of the Year Award by the American College of Osteopathic Emergency Physicians (ACOEP). Dr. Knoll will be presented with the award at the Fellowship and Awards Ceremony at the ACOEP’s Scientific Assembly in San Francisco on Nov. 3, 2016.

1993
Steve Mascio, D.O., is now board certified in sleep medicine as well as family medicine. Dr. Mascio is currently affiliated with the Weirton Sleep Center where he interprets sleep studies and receives referrals for sleep disorder patients.

1999
Russell DeMicco, D.O., works at the Cleveland Clinic and serves as the program director for the Spine Medicine Fellowship. In 2015, Dr. DeMicco was promoted to associate director for the Center for Spine Health at Cleveland Clinic. He is married with three children and three dogs.

2009
Louis J. Nardelli, D.O., is in inpatient/consultation psychiatry in Winchester, Va. Dr. Nardelli is board certified in psychiatry and recently certified in psychosomatic medicine. He and his wife, Christine, will be having their fourth son in September. He will join brothers Julian, 6; Noah, 4; and Luca, 2.

2010
Charles Louis Edwards, D.O., has taken an emergency room position with the Carolinas hospital system in Florence, S.C. He and his wife, Christena, have two daughters, Madison, who is three, and Paisley, who is one year old.

Sarah Volz, D.O., will be graduating in June 2016 from her neonatology fellowship from the University of Rochester Medical Center in New York. During this fellowship, Dr. Volz obtained her Masters of Health Professions Education from the Warner School of Education at the University of Rochester. Dr. Volz has accepted a position as a neonatologist in Anchorage, Alaska.

2011
Robert C. Ford III, D.O., is the chief resident of emergency medicine at Mercy St. Vincent Medical Center where he became AAEM board certified. Dr. Ford resides in Florida and recently became partner in the Emergency Medical group, Brevard Physician Associates. He is the medical director of EMS for Indian River Shores Public Safety Department and also was voted in as the medical director for the Emergency Department of Health First. Dr. Ford and his wife, Holly, are the proud parents of a baby girl with another girl due in August.

2012
Scott McCarty, D.O., is completing a pediatric hematology/oncology fellowship with UC San Diego at Rady Children’s Hospital. Dr. McCarty is also working on a review article on neuroblastoma with Dr. Pete Zage with research being centered on T-cell fidelity post-bone marrow transplantation.

2013
Kevin Evans, D.O., will be serving as chief resident for the 2016-2017 academic year for his anesthesia residency. Dr. Evans has accepted a critical care fellowship position at the University of Arizona to begin the following year.

2014
Adele Plazak Schweller, D.O., was elected as CAMC Chief Pediatric Resident for 2016-2017.

Kevin Blau, D.O., has accepted a PGY-2 position in the OB/GYN department at MSU-Garden City Hospital in Michigan after completing a TRI year. Dr. Blau celebrated his engagement to West Virginia native, Sarah Hathaway, on May 11, while in Pensacola with close friends, the Naymicks. Expect to hear wedding bells ring in the fall 2017.

2014
Soham U. Dave, D.O., married Vidhi Agarwal, M.D., on Sept. 6, 2015. The wedding was attended by WVSOM classmates Drs. Eric and Adele Schweller, Nicole Douglas, Candace Webb and Beth Alice Jacobson Edwards.

2015
Kassandra Milam, D.O., and husband, Joseph, welcomed daughter, Natalie Joaanna Milam on April 14, weighing 6 pounds and 7 ounces, and 20 inches long. Natalie joins big brothers Lucas and Griffin.

2006

2008
Cheryl Shaw, D.O., was married in August 2013 to Steve Zamary and in May 2015 they welcomed son James Zamary.

Kristina McGraw, D.O., was married on May 15, to Nathan Harvell in Marion, Ill.

2010
Nicole Douglas, Candace Webb and Beth Alice Jacobson Edwards.
Life Members

as of June 7, 2016

2012
Kaitlyn Brunner, D.O.

2014
Daniel Fiumecaldo, D.O.

Retirements

1986
Larry Houts, D.O., is retired and now resides in Cathedral City, Calif., and loves the weather.

1996
Rondal Joe Boyce, D.O., died in an accident on Rt. 19 in Nicholas county near Summersville, W.Va. in February. He is survived by his wife, Dr. Jeanette Jackson, a graduate of the Michigan State University College of Osteopathic Medicine, and two children.

SEND US YOUR INFO!

Tell us what you’re up to and we’ll share your news with the WVSOM community.

Here are some of the ways you can contribute to your magazine:

1. Submit updates (professional and personal) to class notes
2. Comment on the content of each issue

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Alumni Tower Campaign

We have reached $80,178.63 in gifts toward the tower goal of $250,000. With an overall alumni participation rate of 6% so far, we know that we can obtain this goal if everyone pulls together.

Please consider that when you give to this challenge, you are helping the students, programs and mission of WVSOM. If you have given, thank you. If you have not yet, please consider a gift today.

Giving is easy: Go to https://my.wvsom.edu/Alumni/Forms/Tower or call 304.647.6257

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White coats take on Capitol Hill

With breakfast, a briefing and a schedule under their belts, 64 WVSOM students and assistant professor Dina Schaper, D.O., marched onward in their white coats to Capitol Hill to raise awareness about osteopathic physicians and to address current issues facing students.

D.O.s and osteopathic medical students from across the country convened for the annual D.O. Day on the Hill on April 13, in Washington, D.C. Participants took full advantage of the opportunity to meet with their respective state legislators and staff members.

WVSOM’s Student Osteopathic Medical Association (SOMA) president Katie Christopher and National Liaison Officer Salena Linberg, both second-year students, coordinated the logistics, registration and meeting schedules.

“It is important to participate in these events because of the visibility it provides the osteopathic profession. Students and D.O.s meet with legislators to relay personal stories about how certain laws affect the profession, and in turn, our patients,” Linberg said.

According to her, one West Virginia legislator expressed that a plan to decrease student loan interest rates was in the works. He seemed genuinely unaware that the plan will not help graduate or medical students who are still subject to higher interest rates.

“We can truly bring relevant information to the attention of our representatives and hopefully see some positive changes in the future as a result, while bonding with other members of our intended profession,” Linberg said.

“By helping to underwrite this activity, the WVSOM Foundation hopes to enable and encourage our students to actively participate as proactive participants in creating a better environment for delivery of healthcare in our country,” said Melissa Rubin, foundation board president.

The WVSOM Foundation donated $5,000 to cover hotel expenses, and the WVSOM Alumni Association donated $2,000 to go toward the charter bus service.

Join the WVSOM Foundation in supporting medical school students with scholarships and other resources to ensure excellent medical care in rural communities.

The WVSOM Foundation employs sound financial management to support the West Virginia School of Osteopathic Medicine through a culture of philanthropy and fundraising.
WVSOM Foundation sponsors “Money Matters” seminar

No sooner than the caps are tossed, medical school graduates face a quagmire of financial decisions upon graduation. To help current students gain insight into their future financial security, WVSOM’s Foundation sponsored the “Money Matters for Medical Students” seminar on April 21.

Three financial experts presented a variety of topics relevant to the students. Brandon Barfield, co-founder of Doctors Without Quarters, serves as the East Coast and Midwest director of education. He broke down the overwhelming debt repayment options, while considering other topics such as tax concerns and legislative updates.

Tammy Hager, MBA, FABC, director of physician and client relations for PracticeLink, an online physician job bank, discussed salary ranges and compensation models available for different specialties throughout the country. Hager advised students to first understand the culture and fit within an organization before compensation consideration.

President and Chief Executive Officer (CEO) of Raleigh General Hospital, David Darden, FACHE, expanded on compensation packages to include contract negotiation. He also explained the difference between a Recruiting Agreement (RA) and a Physician Employment Agreement (PEA).

One message resounded among all three speakers – personal fulfillment, rather than money, should always be the major consideration factor in making career decisions.

Financial experts:

Brandon Barfield, co-founder of Doctors Without Quarters
Tammy Hager, MBA, FABC, director of physician and client relations for PracticeLink
David Darden, FACHE, president and chief executive officer (CEO) of Raleigh General Hospital
Alumni give the gift of relaxation to WVSOM students

Who could have guessed that the student recreation lounge in the Student Center would be made possible by a chance meeting in the 1994 WVSOM first-year “P-Z” check-in line. According to Billie Wright, D.O., she and Patrick Pagur, D.O., “hit it off” that day.

In 2013, the West Virginia natives from the Class of 1998, committed to a $75,000 donation over a period of three years, after an impromptu tour of the Clinical Evaluation Center (CEC) and simulation lab. While on a family vacation, the couple, along with their two young children, arranged a visit with Alumni Director, Shannon Warren. WVSOM president Dr. Adelman, who welcomes the opportunity to visit with alumni, accepted Warren’s invitation to meet Pagur and Wright that weekend.

As the couple toured the CEC, Adelman and Warren shared their enthusiasm about the construction of new Student Center. While perusing the new Student Center plans, the couple recognized the name of a classmate on a room donation and decided to purchase the recreation area on the spot.

“We absolutely love the school. We both know that WVSOM was our stepping stone to where we are today. We would not be here, if we would not have been there,” Wright said. “We wanted to give back to our school and the students.”

Wright and Pagur chose the recreation area because it represents the relaxation that students need when they commit to an intensive education. Wright believes participation is key. “You don’t always have to give a lot of money. Some can give smaller amounts, and some can donate time. Each and every one of us is able to give something back to WVSOM.”

Upon graduation, the couple completed their internship and residency at Grandview Hospital in Dayton, Ohio. Wright completed an internal medicine three-year fast-track residency, and Pagur completed a five-year internship radiology residency. He went on to complete an MRI fellowship in Michigan.

As Pagur completed his medical education, Wright went to work with a multi-specialty internal medicine group, eventually taking over the practice of an iconic physician in her community. Pagur returned to practice at an established radiology group in Kettering, Ohio.

“We are proud of West Virginia and WVSOM’s commitment to its students. Our school is a step ahead of the rest when it comes to providing a quality education to all of its students through cutting-edge technology and hands-on training,” Wright said.
The importance of membership in the WVOMA

written by Penny Fioravante

We realize that today’s physicians are nickeled and dimed with fees — everything from licensing and certification to insurance premiums, even the cost for the post office box — every little thing adds up. So why should you pay dues to belong to the West Virginia Osteopathic Medical Association (WVOMA)? Because after 114 years, we still have your back.

We have all heard stories of the early days of osteopathic medicine, when D.O.s were not recognized as “physicians.” Denied medical commissions in both World Wars, D.O.s spent decades fighting for equal recognition with their allopathic counterparts. Founded in 1902 by eight physicians, five men and three women, the West Virginia Osteopathic Medical Association (the society) was founded to fight for the rights of D.O.s to practice medicine in West Virginia. Fast forward to 2016, where not only do D.O.s and M.D.s work together, but we have one of the top medical schools in the nation, and it’s obvious that we’ve come a long way.

Or so I thought.

Recently, I got a call from the licensing board informing me that one of our doctors had been told he needed a “real doctor” to sign off on a union disability form! When I called the UFCW in Atlanta to discuss the issue, I was told that they only recognized M.D. signatures, that if a D.O. signed the form, they would require a second signature from a M.D. So I calmly enlightened them on the equality of both types of physicians, and then (working with the AOA legal team), sent their board of directors notice to immediately make this change to their requirements. I’m still amazed that this happened in 2016.

Serving our members and improving access to health care in West Virginia are top priorities for us. One of the most important roles we play in the state is serving as your voice with the state legislature. We successfully work with a coalition of medical groups to help increase our efforts, but our focus is first and foremost on YOU, the osteopathic physician!