THE BUILDING BLOCKS of a HEALTHY STATE

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Captivated by our students and graduates

A message from the President

At the end of May we celebrated WVSOM’s 40th graduating class. What a celebration! Indeed, an endearing legacy of memories pours out each graduation season and the common bond between alumni and students – their stories revealing the shared pride of being a WVSOM graduate – captivates me.

The following pages will reveal another quality of WVSOM that captures my attention. It is our commitment to the mission of the West Virginia School of Osteopathic Medicine. WVSOM prepares future physicians to care for patients on a global level and to serve the state of West Virginia and the health care needs of its residents.

This issue also outlines the framework in which we care for and support the health and success of the youngest residents of the state of West Virginia. From infancy to young adults, WVSOM connects at every level of development to teach and encourage healthy choices, with the ultimate goal in mind – a healthier future for West Virginia residents.

We believe that WVSOM initiatives have the opportunity to improve the health of those we come in contact with. Our graduates are always looking for new and innovative ways to enhance the health of families in their communities.

In this issue you will also find updates on the achievements of our wonderful faculty and staff, the passion to serve embraced by our students and the loyal support of our alumni.

I am officially entering my final year serving as president of WVSOM. It has been my sincere honor and privilege to serve WVSOM in this way. You will hear updates on the presidential search process in the coming months.

As I consider the next 12 months, I would like to encourage you to get involved, re-engage, connect with old friends, attend alumni events and participate in continuing medical education opportunities. You will not be disappointed … in fact, I believe you will also find yourself – captivated.

Best wishes,

Michael Adelman, D.O., D.P.M., J.D.
THE BUILDING BLOCKS of a HEALTHY STATE

Supporting the health and success of West Virginia

There’s a common saying that children are our future. By investing in what many would call West Virginia’s most “valuable resource,” we will strengthen the future for our communities and ensure a more stable and healthy society.

Marian Wright Edelman, an American activist for the rights of children, once said, “Investing in children is not a luxury. It’s a national necessity.”

This challenge has been embraced by the West Virginia School of Osteopathic Medicine (WVSOM). Over time, WVSOM has created events, joined partnerships and implemented pipeline programs geared toward infants, children and adolescents in order to support the health and success of West Virginia. By educating children during different stages of their lives, it is the school’s hope that as the youth in West Virginia get older they will be more aware of not only nutrition, exercise and the benefit of a healthy lifestyle, they will also come to know of opportunities for careers in health sciences. Instilling healthy habits among this younger age group may not necessarily be the “quick fix” to changing unsavory statistics about West Virginia regarding childhood obesity and diabetes, but there is a possibility of a positive return on investment gained by a more knowledgeable and healthier state.

“The work that our student clubs and staff has been doing has been ongoing for years,” said Jim Nemitz, Ph.D., vice president for administration and external relations. “These programs are impacting the youngest of the young. I think we’re really contributing to help improve communities in West Virginia by our outreach to young children. I’m proud of what the school is doing in this area.”

Whether it’s wellness at the pediatric level, education at the elementary and middle school level, or motivation among high school students to explore a career in health care, WVSOM is offering touch points to West Virginia youth at every level.
Infants and toddlers

The very first level of care for children comes long before they can talk, walk and make decisions for themselves. Pediatric care is pivotal during an infant or toddler’s growth and development. During this time, it’s imperative that parents receive the right health information to pass along to their kids.

“Ongoing programs have seen an improvement in the choices and outlook of parents.”

- KASSANDRA MILAM, D.O., WVSOM CLASS OF 2006
Kassandra Milam, D.O., a WVSOM 2006 graduate, is a pediatrician at Summersville Pediatrics in Summersville, W.Va. She said awareness and education regarding health at the pediatric level is completely dependent on parents. While some parents employ healthy lifestyle choices others do not make the transition to healthier choices.

“I think that parents of toddlers do not always see the choices they are making dramatically impact the choices their child will make in the future. It is laying the groundwork for their views as an older child and an adult,” she said. “Many parents feel that they are being hard on their child by not offering them those unhealthy options. While chubby toddlers may be considered as cute, parents don’t realize that overweight children become overweight adults. We are seeing that more and more. We know that the majority of overweight children do not lose weight as they age. Because they are not taught healthy habits, they view food and exercise differently.”

“Ongoing programs have seen an improvement in the choices and outlook of parents. Some parents are very much aware and start those conversations early. It really is about moderation and education about healthy food choices. Every kid should be able to have a candy bar from time to time. The difference is teaching that this is an unhealthy snack and that it should be chosen as a treat and not in excess. Teaching what food is worth as nutrition is key,” Milam continued.

One WVSOM partnership that aims to accomplish positive change in the earliest stage in a child’s life is the **WEST VIRGINIA PERINATAL PARTNERSHIP**, a project of the West Virginia Higher Education Policy Commission. It is a statewide partnership of health care professionals, as well as public and private organizations that work to improve perinatal health in the state. The partnership coordinates programs and develops policies to address the state’s health outcomes among mothers and their babies.

Even before children are enrolled in school, WVSOM is active in educational and community events geared toward toddlers and pre-Kindergarten-aged children. One of those events is the **TEDDY BEAR CLINIC**, which is usually incorporated in WVSOM’s blood pressure booth under the grandstand at the West Virginia State Fair. The clinic provides hundreds of child visitors the opportunity to “play doctor” as well as educate boys and girls about basic hospital visits. They learn about heartbeats, take temperatures, bandage Teddy Bears and examine the stuffed animals’ eyes, ears and nose.
Elementary School and Middle School

From the office of the White House, former President John F. Kennedy spoke the words, “Children are the world’s best hope for the future,” in 1963. More than 50 years later, his words provide inspiration to educators and health care professionals.

“You can make a huge impact on a young child, especially in a fun way, that engages them.”

- JIM NEMITZ, PH.D., VICE PRESIDENT FOR ADMINISTRATION AND EXTERNAL RELATIONS
WVSOM embraces this quote as if it were a challenge. It is why the medical school developed a number of programs for this impressionable age group. The school has partnered with area elementary schools to educate children about nutrition, exercise, healthy behaviors and science. Events like science carnivals and health and safety fests have become a staple on WVSOM’s campus.

It is important to engage children at an early age, according to Nemitz.

“They truly are impressionable at this age. They’re like sponges just soaking up things,” he said. Many people may think Nemitz has a doppelganger. That’s because aside from his duties at WVSOM, he has another gig — as Professor Science in the West Virginia Public Broadcasting (WVPB) show *Abracadabra* (part of WVSOM’s larger Healthy Children’s Initiative.) In the show, geared toward elementary students, Professor Science explains why science experiments are not only educational, but fun.

“You can make a huge impact on a young child, especially in a fun way, that engages them,” he said. “The Healthy Children’s Initiative, combined with the TV show, has made a significant impact. I didn’t fully understand the level of impact it had on children until I did a live show. It was intoxicating. To be in a gymnasium filled with young children from Kindergarten to fifth grade — 300-plus kids going crazy — is so exciting. You see it in their eyes. They’re really paying attention. When you show them a science experiment it’s an incredible experience. It has been the most surprising and rewarding thing I’ve done in my career.”

The **Healthy Children’s Initiative** reflects WVSOM’s commitment to help a younger generation of West Virginians lead healthy lives. There are five ways for children in the state to receive targeted content about health and nutrition:

1. **Television** — The *Abracadabra* TV show, which has been nominated for an Ohio Valley Chapter’s Annual Regional EMMY award, features magic, ventriloquism, humor and original music to demonstrate important lessons about health, nutrition, exercise and science.

2. **Classroom outreach** — Cast members of the *Abracadabra* TV show visit individual elementary school classrooms to bring healthy choices to life in a small group setting and introduce science in a fun and interactive way.

3. **Live events** — Cast member events in rural elementary schools and community centers entertain children and reinforce the key elements of healthy living through music, magic, games and experiments.

4. **Online** — The show’s website, www.abracadabra.org, offers children ages 4-10 games and activities designed around health and nutrition. Additional content is available for parents and teachers.

5. **Publications** — Activity books and other materials introduce young children to the transformative power that comes from making healthy choices.
WVSOM student clubs also offer elementary and middle school children a chance to get excited about science and possible careers in health care.

“Part of our history is that student organizations and clubs have always done things to interact with the community. It’s one of the things that WVSOM does really well. Typically our students are putting in 14,000-15,000 voluntary documented hours of service a year,” Nemitz said.

The **Kids Science Carnival** is a new initiative organized by the WVSOM Pediatrics and Family Medicine clubs that connects more than 100 children each year to a variety of science experiments such as a gravity marble race, a cell cookie making station, a human anatomy puzzle, fingerprint dusting and an arctic animal station. The carnival gives children a chance to learn about science in an environment that’s not a typical classroom.

A similar WVSOM student-hosted event, the first-ever **Health and Safety Fest**, provided nearly 50 Girl Scouts in Greenbrier County the opportunity to visit different health stations and learn about specific skills such as CPR, wilderness first aid, and outdoor and bicycle safety. Other stations included information about highway safety, fire prevention, nutrition, dental hygiene, healthy hearts, proper hand washing and making their own first aid kits. The day included a presentation by Mike and Joey from Abra Live! WVSOM students in the Pediatrics Club, Rural Health Initiative program and Southeastern AHEC offered the educational information at most of the booths.

Community outreach and education is part of the second-year student curriculum at WVSOM that involves a **Clinical Skills II Lab** in which medical students visit elementary students to share age-appropriate education on a variety of topics such as, visiting second graders to explain heart health in an interactive way.
Another event that incorporates youth participation on WVSOM’s campus is the **SOUTHERN WEST VIRGINIA REGIONAL MIDDLE SCHOOL SCIENCE FAIR**. The fair is offered by WVSOM’s Affiliated and Sponsored Programs and the Greenbrier Valley Chapter of Sigma Xi. This year, students from three counties and five middle schools as well as home-schooled students participated.

Four workshops were offered in 2017: a forensic lab where students had the opportunity to analyze evidence of a hypothetical crime scene, a histology and pathology lab, wilderness medicine and X-ray analysis — each scenario exposing participants to potential career paths for their future in science-related fields.

Career goals in health-related fields are often established at a young age. Karen Wines, M.S., WVSOM anatomy instructor and a Rural Health Initiative (RHI) pipeline program specialist, believes that presenting health-related science to adolescents can inspire future direction. Her programs engage adolescents in order to explain the anatomy of the human body. While at WVSOM, she has developed a program bringing students to WVSOM’s campus, but if they can’t make the visit, she goes to them.

“My dad was a science teacher so I grew up knowing that science was fun and there was a lot you could do with it. I want all students in West Virginia to be introduced to the possibility of careers in science, they just need opportunities presented to them,” she said. “The kids in rural West Virginia are intelligent and interested, they have great questions, they just don’t get the opportunity to challenge themselves and know what’s available. My goal is to get representatives from all 55 counties in West Virginia to come to WVSOM and see their potential and if they can’t come to WVSOM then I’ll bring the opportunities to them.”

Wines has engaged fifth and sixth graders by allowing them to identify fingerprints and explaining the “swirls and whirls” unique lines that make an individual’s fingerprints and she has discussed different types of bones in the body with “Bone Bingo.” Seventh and eighth grade students experience three main components of the medical school’s anatomy building: plastinations, X-rays and digital images. Wines also utilizes a microscope for students to study microanatomy and pathology.
High School

Effective programming and communication is key when addressing healthy choices and opportunities among high school students. It is at this age that students can begin making health decisions for themselves and really start to be impacted by those decisions.

“When finished they return to the classroom and we do a wrap up. That’s where the ‘aha’ moments come together.”

- KAREN WINES, M.S., BIOMEDICAL SCIENCE INSTRUCTOR
It’s important to talk to this age group in a way that they understand, according to Milam. “Keeping pace with trends in drug, alcohol and other high risk behavior is key, including terminology. Establishing a rapport and trust is also key. You can’t use vague terms or medical terms to address some issues. Kids who don’t think that you are aware of how things are in the ‘real world’ won’t discuss things with you,” the pediatrician said.

Janet Hinton, WVSOM’s RHI program coordinator, finds that being able to bring WVSOM medical students to high school events helps better engage teens.

“High school students relate more with the subject if I bring medical students with me,” she said. “They don’t want to just hear me. They look at me as another teacher coming in, but they look at a medical student from a whole different perspective.”

Hinton oversees WVSOM’s Rural Health Initiative, a program designed to enhance rural and underserved primary care curriculum at WVSOM in order to produce graduates qualified to practice medicine in rural and underserved communities. Since the program began in 2011, it has exploded in its program offerings from high school students through medical students practicing in rural primary care.

One of RHI’s most recent opportunities for high school students is the **CPR (CARDIOPULMONARY RESUSCITATION) IN SCHOOLS PROGRAM**. As part of the program, RHI medical students teach high school students throughout the state pertinent and potentially life-saving CPR skills. The initiative, which is a result of state legislature that requires county boards of education to provide at least 30 minutes of CPR instruction to 7-12 graders, aims to improve the survival rate of victims of sudden cardiac arrest. Using the American Heart Association’s CPR in Schools Training program provides instructors with a reaction plan, hands-only CPR, child CPR (compressions and breaths), AED use, and simulated choking among adults and children.

Hinton added that high school is used to build upon the needs of future medical students and physicians.

“There are a lot of rural high schools that have never been exposed to programs or events related to health care,” Hinton said. “For example, there is a very rural high school in McDowell County and the first student who I talked to there said she wanted to be a brain surgeon, but she had no idea how to get there. We are going in and educating these students as much as possible about health careers.”

Every year, WVSOM’s admissions counselors also participate in a number of activities to engage with and expose high school students to WVSOM for the purpose of encouraging them to become osteopathic physicians.

One specific example of this is through **RHI’S COLLABORATION WITH HOSA AND HSTA PROGRAMS**. Throughout the academic year, RHI partners with Health Occupations Students of America (HOSA) to promote career opportunities in the health care industry and to encourage involvement of health science instructors.
and students. RHI also organizes health-related events for the Health Science and Technology Academy (HSTA) program, whose goal is to increase the number of underrepresented students in West Virginia who are pursuing degrees in health sciences and science, technology, engineering and mathematics (STEM) majors.

The push by the state to motivate students interested in STEM majors has been supported by **WVSOM’S PARTNERSHIP WITH THE LOCAL HIGH SCHOOL IN LEWISBURG, W.VA.**

In March 2016, WVSOM and Greenbrier East High School, one of five STEM schools in the state, partnered to allow high school students the opportunity to advance their interest in health and life science through coordinated use of the medical school’s facilities and programs.

Jeff Bryant, Greenbrier East High School principal, said that the partnership developed in a natural way, from conversations with medical students visiting the high school.

“When you get to the O-school you realize the immense programs going on,” he said at the time. “On the surface you think, ‘well they’re creating doctors,’ but when you get there and you start hearing about all the programs — it’s pretty overwhelming and amazing.”

For the past eight years, high school juniors and seniors interested in a health career have gained insight into the medical field through the annual **MINI-MEDICAL SCHOOL**, which is led by first- and second-year medical students. Over the course of four weeks, WVSOM students educate attendees about various themes that include superbugs and antibiotic resistance; addiction and the opioid epidemic; memory and forgetting; and understanding cancer. This is done in an interactive way, with participants hearing from mock patients presenting symptoms, which pertain to the class topic. The class closes with a resolution to that same patient case. Additionally, the experience offers high school students an understanding about the path to medical school.

Diving deeper into the anatomy lab visits, high school juniors and seniors expressing an interest in the medical field can participate in the **ANATOMY LAB TOUR PROGRAM**, which gives students more in-depth insight into the lab.

High school students rotate through seven different stations with microscopes, plastinated organs and a cadaver that has been specifically prepared for these groups. It is there that high school students investigate anatomical structures to determine the donor’s cause of death.

“When finished they return to the classroom and we do a wrap up. That’s where the ‘aha’ moments come together,” Wines recalled. “We walk them through the death certificate and donor’s cause of death. It’s a remarkable learning moment.”

Nearly 1,500 West Virginia high school students statewide have experienced the in-depth anatomy visit this past year with the program growing every year since it began in the 1980s.
In 2017, **WVSOM PARTICIPATED IN THE FIRST APPRENTICE DAY**. High school students interested in health-related careers were also given information about all the non-medical career components that require running a medical school.

As high school students from seven counties made their way throughout campus, they gained a deeper understanding regarding viruses in a microbiology lab, learned the importance of facility maintenance, learned how to create a cohesive branding advertisement, observed the technique used to create mock injuries known as moulage, and participated in an osteopathic manipulative treatment demonstration.

Brycen Kuenzel, a senior at Chapmanville Regional High School, said he has known for awhile that he would like to have a career in medicine, but Apprentice Day made him realize there are more elements to a medical school than one would think. As an aspiring physician, Kuenzel most enjoyed the Osteopathic Principles and Practice (OPP) lab, where he learned the unique differences between osteopathic and allopathic physicians.

Raeann Carrier, Ph.D., an assistant professor of pharmacology, has been instrumental in educating and shaping young adults. She is the brainchild behind a weeklong pharmacology summer camp called **JUST SAY KNOW TO DRUGS**. This June marked the fifth year for the camp, which was designed to educate rising ninth through 12th grade high school students about drugs and how they interact with the body. The campers also learned about drug pharmacokinetics; swabbed for bacterial presence in stairwells, inside of shoes and on cell phones; and discussed drug abuse centered on opioid use and misuse.

“Students come to understand what we are putting in our bodies and once it’s in the body what it is doing,” Carrier said of the camp. Carrier believes that every program, every step — even the smallest one — can work toward building a better, more educated society regarding health.

### An ongoing process

Repeated education, awareness and engagement are imperative in effectiveness, according to Hinton.

“You can’t inspire and motivate young people enough, especially toward health care,” she said.

“In West Virginia, there aren’t many occupations that are stable, but the health care industry is one that is stable right now. Students are our future. Giving them the tools that they can use to work toward their goals and knowing there are resources and networks available to them is what they need.”

Nemitz added that while there is still work to be completed, the students, faculty, staff and administrators at WVSOM understand the importance and the need to continue to engage communities.

“There are a lot of hurdles we face as a state with different health and economic issues, but WVSOM is playing a role in raising the great people of this state up and showing them the positive things that they can change in their lives. You never know what your impact will be. You can influence people in a positive way and you don’t know where that can be taken by a young child,” he said. “WVSOM has a commitment to the community and the state, and that commitment is ever-expanding. Our intent is to make an impact on the local community, Southern West Virginia and hopefully the entire state.”
Congratulations Class of 2017
Community service was theme of WVSOM’s graduation

After four years of studying, learning about various body systems, team-based learning group exercises and job shadowing physicians in clinics and hospitals throughout the country, 175 participating graduates anticipated the moment they would receive their Doctor of Osteopathic Medicine degrees.

The West Virginia School of Osteopathic Medicine (WVSOM) celebrated its 40th annual commencement ceremony on May 27 under a tent full of nearly 2,500 family, friends, faculty and from now on — doctors.

He told graduates that as physicians, these graduates will be seen as pillars in their community.

“We are in the heart of Appalachia and many of you are from Appalachia,” Jenkins said. “This is where the difference you can make will be particularly impactful. You have the ability to lift up a family and lift up a community. The need for rural physicians is great. So are the challenges … But it is my hope that some of you will return and stay right here. Our state has so much to offer you, and I know you have so much to offer our state.”

Class of 2017 President Miles Medina provided an emotional speech to his classmates during the Class Address.

“The road we’ve shared has been an incredible one, but it was never easy,” he said, reminiscing of each of the four years of medical school and how different they were. The Class of 2017 president also addressed the graduates’ involvement in the community — after a major West Virginia flood in 2016; a diesel fuel truck spill in a Greenbrier County river in 2015; the ALS ice bucket challenge in 2014; and lastly, “learning an entire musculoskeletal system in just four days” in 2013.

“When we look back on this day,” Medina said, holding back tears, “remember that the love and support we have shown for each other is the same compassion we will show to our patients. It’s what made us strong, resilient and relentless in our pursuits to become physicians … Class of 2017, congratulations.

WE DID IT.”
Many WVSOM medical students are drawn to the school because of the emphasis on graduating students who have a passion to serve. The graduation ceremony is the culmination of the students’ four years of a passion to serve, hard work and dedication in the classroom and in clinical settings.

“Winston Churchill said, ‘We make a living by what we get, but we make a life by what we give,’” Jenkins said. “Each of you is here today because you have a calling to serve,” Jenkins said. “You have been trained to alleviate pain in whatever form it may come and wherever it may be found. You will give hope back to someone who has been suffering. What power it is to be able to change someone’s life forever.”

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 Charles Davis, D.O.; 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.
Class of 2017 grads celebrate 100 percent match rate

Match Day is yet another day when medical students anxiously await results. More specifically, they learn if and where they will match into a residency program. Securing a spot in a hospital or clinic in a student’s preferred specialty is a coveted position to be in. Craig Boisvert, D.O., WVSOM’s vice president of academic affairs and dean, noted, “For a medical school to reach 100 percent match is spectacular. Each of our students knows where they are going and are prepared to enter the workforce as physicians.”

This year, the Class of 2017 officers wanted to make sure to share in their classmates’ success by incorporating a match recognition celebration during graduation activities. Because students have been scattered across the U.S. completing rotations, the class reception was the first time to celebrate the match as a class.

“Every prospective medical student understands that at the end of your medical education you want to become a working physician, but in order to do that you need to acquire a spot in the match,” said Class of 2017 President Miles Medina.

Belinda Evans, WVSOM director of student affairs, said this was the first time she recalls students having a match celebration at the school. Being able to share the moment with family and friends adds to students’ achievements.

“It’s incredibly important for students to share this, and they have so much to celebrate,” she said. “Some of these students won’t see each other for a long time, but they know that since they made these connections here at WVSOM the last four years they can rely on classmates and friends for the rest of their careers.”

Medina, who matched at Henry Ford Macomb Hospital in Clinton Township, Mich., in emergency medicine, said the Class of 2017 officers thought the event should be celebrated by anyone who has had an impact on a student’s journey through medical school. Therefore, the class decided to invite every member of the WVSOM family and their families as well.

“Our success isn’t a summation of one individual effort but rather a collaboration of everyone’s family and friends to get there,” Medina said.

As part of the match celebration, students placed pins on a map where they matched, received complimentary WVSOM zip jackets and took pictures at a WVSOM photo booth with optional “I matched in” cards for sharing with friends and on social media.

WVSOM was recently listed in a Top 10 national ranking of all medical schools by U.S. News and World Report titled, “Find Medical Schools With High Residency Placement Rates.”
Awards ceremony recognized graduating medical students

Students in the graduating Class of 2017 were recognized for their achievements in medical school during an annual Graduation Awards Ceremony at the West Virginia School of Osteopathic Medicine (WVSOM) on May 26. Graduation awards totaled $20,700.

This year’s class consisted of 175 participating graduates, with 120 graduates entering primary care residency programs and a 100 percent residency match rate for the class.

The event recognized 18 students who graduated with honors. In addition, 28 Psi Sigma Alpha students were recognized. Psi Sigma Alpha is a National Osteopathic Scholastic Honor Society. Eleven students were recognized with the American Medical Women Association Glasgow-Rubin Achievement Award. Thirty-eight students in Sigma Sigma Phi, a national osteopathic medicine fraternity that supports medical scholastic excellence, received cords reflecting their membership in the organization. Eight graduates were recognized with special coins for their military service.
STATEWIDE CAMPUS AWARDS
Two students from each of the six statewide campus regions received awards for their third- and fourth-year clinical rotations.

NORTHERN:
Kevin Jacob Mutch and Melena Robertson

EASTERN:
Maria Kolmakova and Savannah Czapiweski Desmarais

CENTRAL:
Nicole Held and Jonathan Bond

SOUTH EAST:
Colin Johnson and Jason Frisbee

SOUTH CENTRAL:
Justyn Blankenship and Devin O’Hara

SOUTH WEST:
Miles Medina and Leslee Rice

WVSOM’s Rural Health Initiative recognized 12 graduates who participated in the program this year, eight of whom have matched in West Virginia primary care residencies. The RHI program is designed to enhance the rural primary care curriculum at WVSOM and produce graduates uniquely qualified to practice medicine in underserved communities within rural West Virginia.
Dr. Jason Frisbee
First a pharmacist, now a physician
Jason Frisbee, D.O., PharmD, Class of 2017, has pursued a health-related career in one form or another. He started out attending school to become a pharmacist, but ended up expanding his health care knowledge with completing medical school.

His desire to pursue a career as a physician began while he was completing a critical care pharmacy residency at Charleston Area Medical Center in Charleston, W.Va. Frisbee’s interaction from working alongside Tom Takubo, D.O., a WVSOM alumnus, and Doug Haden, M.D., in the intensive care unit played a huge part in his decision to pursue medicine.

“While working with these men my interest in learning more about physical exam and formulating a differential diagnosis began and we started discussing the potential for me to become a physician,” the Parrottsville, Tenn., native said. “I always enjoyed learning and I figured ‘what better way to serve my patients’ than to expand on the pharmacology knowledge that had been bestowed upon me and augment this foundation with the in-depth training of medical school.”

Takubo was a major influence in Frisbee’s decision to attend not only osteopathic medical school, but specifically WVSOM. Frisbee said he was drawn to Takubo’s charisma and desire to teach students as a preceptor.

“Once I started contemplating going back to school I spoke with him and he told me all about his alma mater. On one of his days off he even gave me a tour of the campus. I just figured that if WVSOM continually puts out physicians like Dr. Takubo then just show me where to sign,” he said.

Frisbee completed his rotations in the Statewide Campus system’s Southeast Region at Princeton Community Hospital. Takubo’s desire to teach must have rubbed off on Frisbee, because he spent a good portion of his fourth-year rotations helping mentor third-year medical students. Statewide Campus Southeast Region Assistant Dean Earl “Dwight” Bundy, D.O., sung Frisbee’s praises, stating that he even provided lectures to third-year students about board reviews and how to prepare.

“As I mentioned earlier, I have always enjoyed learning. However, the desire I have to learn is matched by my desire to share,” Frisbee said of his interest in helping others. “If I am fortunate enough to be able to help medical students or physicians who are my junior somehow expand their knowledge base, I am more than happy to try and be of use. I feel like my motivation to help others learn stems from my own desire to learn and the fact I always try and remember, ‘Now what would I have liked to have known if I could go back to being a third-year medical student?’”

Frisbee, on the cusp of starting residency as a new physician, will hang up his pharmacist coat to permanently wear a physician’s coat. He said the biggest difference for him in making the switch from one health field to another is the thorough process of educating a physician and the autonomy awarded a physician.

Frisbee will be starting his residency in internal medicine at the University of Tennessee with plans on pursuing a pulmonary and critical care fellowship.

“I always enjoyed learning and I figured ‘what better way to serve my patients’ than to expand on the pharmacology knowledge that had been bestowed upon me and augment this foundation with the in-depth training of medical school.”
Coming from a small West Virginia town, Rebecca Thompson, D.O., wasn’t sure she ever would be accepted to medical school, or graduate, or be selected for a family medicine residency, or begin a career near her hometown — but she did.

Looking back to more than four years ago, she said, “Growing up in such a small town and not going to a well-known university, then with the struggles that I faced during college, I didn’t know if I could even make it to medical school, let alone through it. But I did and all I want to do is serve the people in rural areas, places similar to where I call home.”

Indeed, when the Capon Bridge, W.Va., native began medical school she knew she wanted to be a physician in a rural area of West Virginia, which is one of the reasons why she was immediately drawn to WVSOM’s Rural Health Initiative (RHI) program, which immerses students in industry-related experiences common in the state.
“I wanted to be in the RHI program for the rural experiences in order to better serve my patients in the future. I wasn’t positive that I would be doing family medicine, but I had a strong passion to go back to rural West Virginia and serve the people that I had grown up with and called family,” she said.

RHI provided the perfect immersion experience for Thompson. It helped her stay connected with her goals and objectives during the most strenuous phases of medical school. The ongoing events and programs throughout her four years at WVSOM reminded her of the unique perspective of rural patients. The RHI event that had the biggest impact on Thompson was when RHI students learned about the coal mining industry. She said that knowing about the industry and witnessing it up close are completely different experiences.

“When we actually went into the coal mines ... that was the real stuff. That’s when you get the sense of being lost underneath the ground, where things could come falling down on you at any time and you could be trapped with not a lot of hope of making it. Not only that but it’s dark, it’s tight quarters, and it’s loud up next to the machinery ... Then imagining a situation where your emergency training has to be reenacted is heart-pounding,” Thompson recalled of being placed underground. “It was a scary experience and gave me so much more insight into the things that these people face daily. I have so much respect for these guys and gals and I can’t imagine doing anything else with my life but serving them and all the other people living in rural areas that are affected in similar ways.”

Thanks to the WVSOM comprehensive experience, Thompson will be able to relate to her future patients’ experiences and have empathy for their perspective. She said that understanding people’s needs who work in dangerous industries gives her a deeper perspective on future patients and more purpose in her own career to provide better health care to those patients.

The Class of 2017 graduate’s acceptance in the Health Science Service Program (HSSP) confirms her commitment to practicing medicine in rural areas. The program is a recruitment incentive in order to maintain primary care doctors in West Virginia. It offers a one-time, monetary award but is contingent upon a service obligation to practice a minimum of two years in a state-mandated underserved area of West Virginia.

Thompson was an early applicant to the WVU Rural Family Medicine Residency at Harpers Ferry through the Rural Scholars Program. The program selects specific medical students interested in rural family medicine to commit to a residency program a year before they graduate. The program can prove somewhat challenging for a medical student — Thompson attended resident education days and oversaw her own continuity clinic where one afternoon a week she would see four patients under the supervision of a preceptor. She will be training at the Family Medicine Clinic in Harpers Ferry, the Jefferson Memorial Hospital in Ranson and Berkeley Medical Center in Martinsburg.

Thompson’s desire to serve the underserved— to provide care to people in rural communities — was present in the first moments she stepped foot on WVSOM’s campus. Now, four years later, she will see that desire come to fruition.

“All I want to do is help people. I want to be the one who stays in these areas and gives the needed attention to people who deserve to have access to health care,” she said. “Since I grew up in one of these areas, I have the passion to go back and serve.”
Twins ready to veer in different directions post graduation

Jasyn Blankenship, D.O., and Justyn Blankenship, D.O., have been by each other’s side from the minute they were born, which happens to be a difference of exactly two minutes.

The fraternal twins shared a room during high school, while they were living in dorms at Marshall University, in apartments during the later part of undergraduate school, while they lived in Lewisburg attending classes on WVSOM’s campus and during their rotations in Charleston in their third and fourth year of medical school.

The Blankenships have essentially been at one another’s side for more than two decades, but that will change this summer when they part ways to each begin a residency in different specialties and different states.

But they don’t mind too much. Jasyn jokes that the toughest part of moving away from one another will be “rationing the furniture” they’ve collected.

“Some of the little things, like playing golf, will be harder because I won’t have my golfing buddy. But this next step in our lives really opens up opportunities for the both of us.”

He’s referring to the connections that each sibling will make in their respective residencies. Jasyn, the elder of the two, will be entering an internal medicine residency at Doctor’s Hospital in Columbus, Ohio. He hopes to eventually secure a fellowship in cardiology or critical care. Justyn will enter a urology residency at St. John Providence in Warren, Mich. Even though they will be in different states, they are only about a 3½-hour drive from one another.
The Blankenships said they are ready for some independence, but the brothers do admit that knowing someone before you even step foot on campus is a valuable asset to have in medical school.

“It helps because you have someone there who has been where you have been,” Justyn said. “We are from Logan (W.Va.) and we are both coming in with the same base line. It’s nice to already have someone there you know if there is anything you need and you don’t have to initially rely on strangers.”

Jasyn and Justyn agree that living in a small, rural community nestled in southern West Virginia kept them grounded and offered them life experiences that have helped shape who they are today.

“One of the best things I ever did was work at McDonald's for four years,” Jasyn said humbly, referring to the fact that hard work offers one a better appreciation of success. “I always felt like I learned more about life and how to get along with people because you have a good understanding of what people have to do to get by in their day-to-day lives.” This will help the twins have a strong level of empathy and understanding for patients.

A winning strategy for the twins in undergraduate and medical school was to take small day-to-day steps. Both students divided their tasks into smaller, more manageable goals. In this way, they were able to plan their schedules, graduate from Marshall University, become actively involved in medical school, pass pertinent medical exams, and ultimately, graduate from medical school.

Regarding his active participation at WVSOM, Justyn said, “I think it comes with being a professional student. I really wasn’t out to do all this or all that, but when you are working on things and start to become involved throughout the process opportunities just fall into your hands.”

The brothers said that they hope the next opportunity they have, after they have completed their residency programs, is to return to Logan, W.Va., and treat patients where their journeys began.
WVSOM Day recognized at Capitol

WVSOM Day at the state Capitol was celebrated in February. It was the fifth year that WVSOM was presented with a proclamation recognizing the school’s mission to serve the state of West Virginia and provide quality health care to its residents.

The proclamation was presented to WVSOM President Dr. Michael Adelman. Both chambers recognized the school, with a Resolution from Senate and a Citation from the House of Delegates.

Adelman was joined by faculty, staff and some students in the Senate hall where information booths and blood pressure readings were offered. Information about admissions, marketing, Statewide Campus, Alumni Association, human resources, WVSOM Foundation, human patient simulators, Rural Health Initiative, Center for Rural and Community Health, Healthy Children’s Initiative, research and AHEC were represented.

A “Did you Know?” theme provided information about various WVSOM departments and how the school has an impact in the state of West Virginia.

WVSOM, WVU, Marshall presidents thank Justice, legislators for passage of HOUSE BILL 2815

WVSOM President Michael Adelman, WVU President Gordon Gee, and Marshall President Jerome Gilbert issued a joint statement following Gov. Jim Justice’s signing of House Bill 2815 on April 25, granting greater autonomy to the schools’ governing boards.

The presidents commended both the state legislature and Gov. Justice for allowing governing boards at each school to have greater autonomy in setting policies for their respective institutions. The bill will remove the one-size-fits-all oversight from the state Higher Education Policy Commission (HEPC) and allow individual schools to make decisions regarding tuition increases and other financial policies.
Cochran sends team to Shark Tank

Jill Cochran, Ph.D., Adam Baus, Ph.D., (WVCTSI) and Tina Plaugher, M.S., participated in a Shark Tank competition during the WV Clinical and Translational Science Institute (WVCTSI) annual meeting in December.

Competing for a $10,000 prize, Cochran’s team also included three Greenbrier East High School (GEHS) engineering students who presented a PowerPoint presentation and gave a three-minute pitch promoting their product idea. GEHS teacher Kevin Warfield assisted the team by designing and printing a 3-D prototype for the judges to consider during the pitch.

After the presentation, all six competing teams fielded questions from the judges. Although Dr. Cochran’s team did not win the cash prize, they gained presentation experience and received valuable input on how to improve their product concept.

“I truly appreciate the work of the governor and the legislature during this past legislative session to provide the West Virginia School of Osteopathic Medicine, West Virginia University and Marshall University with more autonomy as state institutions during the state’s difficult budget times,” WVSOM President Dr. Michael Adelman said. “We are grateful for the leadership Gov. Justice has taken with House Bill 2815 and the efficiency and flexibility this legislation gives to WVSOM as we continue to fulfill our mission by training well-educated osteopathic physicians to meet the health care needs of West Virginia.”

- WVSOM President Dr. Michael Adelman, D.O., D.P.M., J.D.

Funds raised at Follies

The Student American Academy of Osteopathy (SAAO) hosted the annual Follies talent show in February. WVSOM students entertained faculty, staff and local community members with a diverse showcase of talent.

Ticket sales brought in $1,073, which helped the SAAO club offset the costs of attending the annual American Academy of Osteopathy convocation. In addition, a donation was made to the William Carey University College of Osteopathic Medicine, which was severely damaged by a tornado in January.
Mini-Med School participants eager to learn

Members of 15 WVSOM clubs presented a variety of medical scenarios to 30 community members during the eighth annual WVSOM Mini-Med School offered each Monday evening in February.

Second-year student Lisa Smith coordinated the event with Andrea Nazar, D.O. “This was a wonderful opportunity for WVSOM students to connect with community members and vice-versa,” Smith said.

A different topic was introduced each week. Week one, the students created what appeared to be an antibiotic resistant MRSA infection, caused by a superbug, on a student presenter’s leg. The students provided information on how to prevent antibiotic resistance.

The topic of week two covered a student presenter who had overdosed on opioids. The students offered information about the science behind addiction as well as information on the severity of the opioid epidemic and some proposed solutions.

Memory and Forgetting was the topic of week three. Students used models of the brain and interactive activities to help explain how memories are formed and how they can be lost through trauma, as well as degenerative neurological diseases.

Week four ended the program with the topic of cancer. The students explained the importance of screenings and other preventative measures along with information about traditional and supplementary treatments.

“The energized students shared their understanding of such important topics through interactive activities used to help explain difficult concepts. The participants were engaged and eager to learn,” Smith said.

Disaster preparedness seminar takes place

“A Primary Care Response” disaster preparedness seminar took place in April on the WVSOM campus.

Seminar topics included the history of disasters and mass casualties; disaster related injury patterns, disease and treatment; principles and challenges of disaster triage; roles of national, state and local emergency management; the role of physicians and allied health professionals in preparing and participating in disasters; ethical and legal challenges; unique needs of special populations; steps to ensure personal well-being; identification of emotional responses as they apply to victims; and the basics of building capacity for community disaster preparedness.

Seminar speakers included Robby J. Aliff, J.D.; Drema Mace, Ph.D., MSP; Col. Steven Eshenaur, D.O.; Catherine Slemp, M.D., MPH; Debra Sizemore, LSW, LPC and Angela Alston, SE-AHEC director.

The seminar was jointly sponsored by WVSOM, WVSOM Alumni Association, Mountain State OPTI, Southeastern Area Health Education Center and the WVSOM Center for Rural and Community Health. Joint providership was shared by CAMC Health Education and Research Institute.
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Human Gift Registry honors donors

First-year medical students at WVSOM honored more than 40 people who donated their bodies to the medical school for teaching and research during the annual Human Gift Registry memorial.

“Today is a day of remembering, honoring, expressing gratitude and saying goodbye,” said Karen Wines, director of the Human Gift Registry.

Students and family members were invited to the memorial and were given an opportunity to share memories and stories of loved ones. Students in the Class of 2020 expressed their appreciation to the families for their loved one’s generosity. Students noted that they would continue the donors’ stories throughout their education and into their practice.

The service included words of appreciation from the Rev. Clifford Stone, a veteran appreciation by WVSOM military students and musical presentations performed by students.

Student Center receives design recognition

WVSOM’s Student Center has been nationally recognized for its architectural design.

The building’s design won an “Outstanding Project” award from Learning By Design magazine for “best novel approaches to supporting learning, collaboration and connection between the human spirit and education design.” The architecture firm Woolpert, with headquarters in North Carolina, was responsible for creating the design. The company was recognized among 59 others for projects ranging from Pre-K school designs to university facilities.

David Welling, Woolpert’s architect project manager, said it was an honor to be bestowed with the award recognition. The Student Center’s design, which presented a unique opportunity to combine old with new — the former Greenbrier Military School with newer technology buildings on WVSOM’s campus — was intriguing to Welling as a project manager.

Graduates receive state scholarships

The West Virginia Higher Education Policy Commission (HEPC) announced that two WVSOM graduates were the recipients of scholarships through the state’s Health Sciences Service Program.

Christopher Kennedy, D.O. and Rebecca Thompson, D.O., both from the recent graduating Class of 2017, were two of 12 students to receive financial support through the program.

Eligible students must be enrolled in the final year of a health professions graduate program and must commit to work in a rural or underserved area of West Virginia following their graduation. The program is open to students studying to become dentists, nurse practitioners, nurse educators, nurse midwives, pharmacists, physical therapists, primary care physicians, physician assistants, doctoral psychologists or licensed clinical social workers.
President Adelman recognized for leadership

Michael Adelman, D.O., D.P.M., J.D., received the Dale Dodson Award on April 28 at the annual American Association of Colleges of Osteopathic Medicine (AACOM) banquet in Baltimore, Md.

The Dale Dodson Award recognizes current or past CEOs or CAOs of an osteopathic medical college who have made significant contributions to the advancement and support of osteopathic medical education.

Adelman was commended for his role in the steady growth of the WVSOM campus, including the addition of the Student Center, creating the school’s first strategic plan, as well the advancement of WVSOM research, curriculum and scholarship capacity. He was acknowledged for providing a steady stream of high-quality physicians practicing in underserved rural communities.

Students present curriculum assessment at AACOM

Machelle Linsenmeyer, Ed.D., and five second-year WVSOM students presented “Outcomes and Benefits of Student-Driven Curriculum Assessment” in April at the 2017 AACOM event in Baltimore, Md.

The presentation outlined current processes for student evaluation of the curriculum beyond the typical end of course evaluations. The presentation covered how innovative changes to student evaluation of the curriculum can enhance the learning process for students. Since continuous quality improvement is an important aspect of education, feedback from students immediately after an event can provide important information that can affect change to the educational experience and that is not always captured at the end of the course.

As part of the project, students were asked to assess lectures, TBLs, directed studies and application exercises individually versus overall at the end of the course. Based on student feedback, recommendations were made to the WVSOM Curriculum Committee that evoked positive changes in the curriculum and, thus, the student learning experience.

Student presenters included Sana Siddiqui, OMS II, Paren Patel, OMS II, Audreanna Haines, OMS II, Pejmahn Eftekharzadeh, OMS II, and Sepeedeh Araghiniknam, OMS II.

Mar/Com department wins awards

The WVSOM Marketing and Communications department received three “Excellence in Communications Awards” at the AACOM 2017 Annual Conference in Baltimore, Md.

The department was awarded second place in targeted communications and marketing for the WVSOM Grand Affair event materials. The article “Rural Came First,” about Dr. Kent Jameson, was awarded second place in the feature story category and the video “WVSOM Cares - Students Aid in Flood Relief” received honorable mention in digital communications.

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.

Watch “WVSOM Cares - Students Aid in Flood Relief”  http://bit.ly/WVSOMcares
The West Virginia School of Osteopathic Medicine (WVSOM) has once again been recognized as one of the nation’s top medical schools.

The school is ranked No. 14 in family medicine among all osteopathic and allopathic schools nationwide by the U.S. News & World Report “America’s Best Graduate Schools” 2018 annual publication. WVSOM is also ranked No. 14 in rural medicine. This is the 19th 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 2014-2016 residency data. Specifically, 70.3 percent of WVSOM graduates entered primary care.

“A commitment to educating primary care physicians who will serve in rural areas is at the heart of WVSOM’s mission,” said President Michael Adelman, D.O., J.D. “WVSOM’s recognition as a top medical school in primary care speaks to the dedication of the school’s faculty and staff to delivering an education that will enable our students to provide holistic, compassionate and capable care to their future patients.”

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.
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WVSOM students, faculty receive scholarships at Spring Awards ceremony

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

WVSOM faculty and staff were also recognized by students for their commitment to helping educate future physicians.

STUDENT SCHOLARSHIPS AND AWARDS WERE:

Loc Truong Tran

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 STUDENT GOVERNMENT ASSOCIATION LEADERSHIP SCHOLARSHIP 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 recipients were first place Miesca McFarland, second place Taylor Maley and third place Jason Gilbert (Class of 2020); first place Pauline Phan, second place Shruti Iyer and third place Nicholas Rawson (Class of 2019); first place Alyssa Beda, second place Amanda Ly and third place Alexandra Collado (Class of 2018).
WVSOM students, faculty receive scholarships at Spring Awards ceremony

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 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 BRICKSTREET SCHOLARSHIPS donated by the BrickStreet Foundation recognized six students.

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, 15 students received the scholarship.

The Moss Scholars are:

- Meenal Balakrishnan
- Alexis Borden
- Deborah Chisler
- Emmanuel Dimitri Foko Tito
- Michella Gaite
- Alyssa Gates
- Aaron Hartkop
- Ashley Henning
- Hannah King
- Jeannette Klamfoth
- Vincent Morra
- Ryan Naum
- Gurmaninder (Pal) Singh
- Rebecca Szer
- Dainish Valiani

They were Elisa Arthur, Maria Caperelli, Rachael Huwylser, Sharmaine Lewis, Adrian Renaldi, Lisa Smith and Caitlin Thomas.

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 osteopathic manipulative medicine.

Lauren Hammell

THE COMMUNITY OUTREACH AND RELIEF EFFORT (C.O.R.E.) recognized members for their service. This year, seven students received the honor.

314 WVSOM students volunteered 14,445 hours to the community.

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.

Platinum level winner: Ashley Rubin

Volunteered 264 individual hours

Family Medicine Club

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 STUDENT GOVERNMENT ASSOCIATION STUDENT CHARACTER SCHOLARSHIP 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 SPECIAL AWARD PRESENTATION by WVSOM President Michael Adelman recognized service and leadership to WVSOM and the student body.

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

THE PAUL KLEMAN, D.O., FAMILY PRACTICE STUDENT AWARD recognizes a student who plans to use osteopathic manipulation in treatment of their patients and is willing to instill the importance of osteopathic principles and practice in the next generation of WVSOM 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.

THE WVSOM FAMILY PRACTICE SCHOLARSHIP is awarded to a second-year West Virginia resident who has intentions of practicing family medicine upon graduation.

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.

NEW! WEST VIRGINIA STATE MEDICAL ASSOCIATION (WVSMA) ALLIANCE SCHOLARSHIP FUND was presented. The alliance is an organization comprised of physician spouses, who in the fall of 2016, established a $30,000 endowment at each of the three medical schools in West Virginia in order to provide scholarships for medical students from West Virginia who have a desire to practice in the state after they graduate.

Alyssa Beda
John (Jack) Kuipers
Thu Nguyen
Abdulrahman Nazif, Devin Welsh and Austin Patterson (Class of 2020); Daljeet Singh, Sahani Jayatilaka and Jacqueline Sun (Class of 2019); and Harsha Kannan, Nicole Decker and Norman Hurst (Class of 2018).

SGA President Ethan Stephens and Vice President John Appgar

Aron Hart

Zain Mohiuddin
THE SAMANTHA KETCHM MUNCY PRIMARY CARE MEMORIAL SCHOLARSHIP was formed to honor Muncy, a WVSOM 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 RANDY DAILEY MEMORIAL AWARD is given to a second-year student from West Virginia who demonstrates a commitment to academic excellence and service.

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

THE MCGRAW-HILL EDUCATION/LANGE STUDENT AWARD FOR ACADEMIC EXCELLENCE is awarded based on academic achievement to students to help offset textbook costs.

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.

THE RANDI DAILEY MEMORIAL AWARD – EVA TETER HAMMER AWARD is given to a student who demonstrates an interest in osteopathic medicine and eliminating the inequities of individuals.

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

THE SAMANTHA KETCHM MUNCY PRIMARY CARE MEMORIAL SCHOLARSHIP is awarded to a student who demonstrates an interest in osteopathic medicine and eliminating the inequities of individuals.

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When a person experiences a stroke or cardiac arrest, damage occurs to the cells in the brain both during and following either of these events. What if there was an opportunity to drastically reduce the area of the brain that becomes damaged? WVSOM’s research program has a faculty member dedicated to investigating what could do just that, with promising initial results.

Investigating the reduction of brain damage following stroke or cardiac arrest
Last summer, Jake Neumann, Ph.D., and WVSOM second-year student Rinata Azizbayeva investigated the use of palmitic acid methyl ester as a potential agent that could be utilized during the recovery period, or post cerebral ischemia. Cerebral ischemia is when blood flow to an area of the brain is cut off (for example, stroke or cardiac arrest) and when this happens, brain cells are deprived of oxygen and begin to die.

Neumann uses isolated tissue from the brain to directly investigate the neuroprotective properties of the agent on the cells. So far, Neumann’s research findings are encouraging. Treatments to limit the ongoing damage in post-ischemia events have resulted in curtailing the normal cellular damage by 50 percent.

Dr. Neumann explained his research in greater detail, “My research is focused on studying hippocampal neuronal damage following cerebral ischemia and various mechanisms for neuroprotection. My interests include understanding how excitatory and inhibitory neurotransmission is altered following ischemia, investigating various methods to improve synaptic signaling for functional recovery, and identifying pharmacological agents for neuroprotection.”

Neumann’s background has always been grounded in pharmacology. He received a Ph.D. in pharmacology at Southern Illinois University School of Medicine, and he completed his postdoctoral work at the University of Miami. It is Neumann’s hope that this research will decrease the amount of brain damage following cerebral ischemia.

Neurotrauma research is not new to Neumann. He has been building a foundation of related research and in Taormina, Italy, at the International Society for Neurovascular Disease conference, presented his findings on protein kinase C (PKC) enzymes, which play important roles in neurodegeneration post ischemia.

In his pursuit to reduce the recovery time for patients and improve recovery of brain function, he began to formulate a career path that would play to his strengths.

“While my research has been rewarding, I knew that I had always enjoyed teaching/mentoring throughout my life. I wanted to look for the opportunity to take my knowledge of cardiovascular pharmacology and translate it into a strong teaching component. WVSOM was a great fit for me in this way. I have enjoyed the opportunity to translate classroom knowledge into applied research,” Neumann said.

**EXERCISE AND THE RECOVERY OF THE BRAIN**

In addition to a pharmacological approach to recovery following cerebral ischemia, Neumann is beginning to investigate the effect of exercise in a model of heart failure. This study is being performed in collaboration with Dr. Cristine Heaps at Texas A&M University College of Veterinary Medicine, where she is investigating the potential for exercise to increase cardiac blood flow in a model of coronary artery disease. Heaps has been isolating the brain tissue following her experiments for Neumann to be able to perform his research.

“I am asking the question, is exercise beneficial to limiting the neuron damage that can occur when the brain is receiving a reduced supply of blood?” Neumann added.

Neumann points out that a robust research program at WVSOM allows students to take what they are learning in medical school and apply it in the laboratory.

“WVSOM students can investigate promising therapies that could potentially become a standard of care, something meaningful to their training. Research at WVSOM provides students with the opportunity to explore the unknown, which is a compliment to the established information they are learning in medical school. It helps them approach information from a different perspective,” he said.

It was in July 2015 that Neumann moved his family to Lewisburg. “WVSOM provided an opportunity for my first teaching role outside the laboratory setting. I have enjoyed this experience and I have found it to be a great fit.” He also admits that Lewisburg is a perfect place for his young family. WVSOM provided the platform Neumann was looking for, a chance to test his teaching skills while imparting real-life experiences and advancements in neuroscience.
Dr. Peter Ward

named finalist for state award

“I do everything I can do to make the learning memorable as students become familiar with the awesome beauty and elaborate mess that is the human body.”
WVSOM professor Peter Ward, Ph.D., was named a finalist for the state’s Professor of the Year award.

Ward 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 biomedical sciences professor was honored with four other finalists at a banquet at the West Virginia Cultural Center in Charleston on March 13. This was the third time Ward has been nominated for the award, but the first time he’s been considered as a finalist.

“I’m extremely happy to have represented WVSOM during this event but I’m just a bit disappointed that I wasn’t able to bring the award back to Lewisburg,” he said of the recognition.

During his time at WVSOM, Ward has been repeatedly recognized by students and co-workers for his excellence in teaching. He’s received 15 award recognitions at WVSOM, three of which have been the Atlas Club’s Golden Key Award and the OPP Integration Faculty Teaching Award for basic science.

“Any recognition I’ve received for teaching is due almost entirely to the fact that I can’t stop talking about anatomy and I love what I teach,” Ward said. “There’s no better feeling than putting together a presentation, video, model, or other educational tool and actually seeing it help students grasp some concept that had been just out of reach. Seeing a face light up or hearing someone exclaim, ‘Oh!’ during lecture when something that had been cloudy suddenly becomes clear — I just live for that. For that reason, I do everything I can do to make the learning memorable as students become familiar with the awesome beauty and elaborate mess that is the human body.”

Ward understands the importance of collaborative work among those in different health careers as well as different countries — he has been involved with WVSOM’s Interprofessional Education Sessions with Bluefield State College and the University of Charleston and he also coordinates anatomy retreats every summer for students at the Japan College of Osteopathy.

Ward has been an integral part of WVSOM’s newer curriculum focused on a team-based learning experience, as he has been chair of the school’s curriculum committee since 2011. He took part in a joint project with WVSOM and Bone Clones Inc. to develop an ankle sprain model that has been available since 2014. Just last year, Ward was the winner of the Basmajian Award from the American Association of Anatomists, and for more than a decade, has received financial support for academic and faculty research development.

Ward said there are a myriad of reasons why working as an anatomist at WVSOM is gratifying to his career.

“In no particular order: the conscientious and curious students; my perceptive and brilliant colleagues; the enthusiastic staff who go above and beyond every single day; the excellent facilities; the best anatomy lab I’ve ever experienced; an environment where experiment is given more power than inertia; and an administration whose priorities are constantly on keeping our school strong even when obstacles loom into view on short notice. All of those are reasons I enjoy coming into work each day,” he said.

During the banquet, WVSOM President Michael Adelman, D.O., commended Ward for his dedication to WVSOM and to educating its students.

“Beyond the wonderful accomplishments I have mentioned this evening, Dr. Peter Ward’s most significant work is inspiring his medical students to care, and to become the best osteopathic physicians in our nation, and for that we are very, very, grateful.”

- WVSOM President Dr. Michael Adelman
WVSOM is looking for a LEADER

WVSOM was recognized for the sixth consecutive year as a Great College to Work For. The Chronicle of Higher Education

WVSOM is No. 1 in providing primary care physicians for West Virginia. W.Va. HEPC Health Sciences Report Card

WVSOM was ranked one of the nation’s top medical schools for the 19th consecutive year. U.S. News & World Report

WVSOM is No. 1 in the nation among all medical schools graduating physicians who practice in rural areas. Academic Medicine

www.wvsom.edu/president

www.wvsom.edu/president-apply

LESLIE BICKSLER: (304) 647-6279 or lbicksler@osteo.wvsom.edu
Crystal Boudreaux, Ph.D.
Assistant professor of microbiology

Boudreaux earned her Bachelor of Science degree in biological sciences from Nicholls State University and a Ph.D. in viral immunology from Mississippi State University. Since 2012, she has been a postdoctoral research associate at the Virginia Tech Carilion Research Institute and School of Medicine in Roanoke, Va., studying rotavirus molecular biology. Boudreaux’s research project at WVSOM will look at the role of host proteins during replication of rotavirus, which is relevant to the development of antiviral drugs.
We’ve witnessed the increase in childhood obesity due to physical activity swapped for video games. We have watched as the “drug culture” gobbles up young and old alike. Our children have become increasingly unhealthy before our eyes. I often leave exam rooms deeply frustrated and feeling powerless. I ask myself, “What can I do? I’m just one doctor. How do I make a difference for these kids?”

That question recently became even more important to me as I cradled my newborn granddaughter, Lucy, in my arms. Fortunately, I don’t have to worry much about her growing up in a healthy environment. Her parents have careers in both exercise physiology and wellness. I know my granddaughter will be raised in a healthy environment and will be taught healthy living.

A.T. Still said, “To find health is the object of the doctor. Anyone can find disease.” So, for my patients and family, the question stands, “How do I make a difference?” I’m just one person. How do I go about finding health for them and future generations?

I received my answer from halfway around the world. In October 2016, my wife, Becky, and I were part of a medical mission team in Papua New Guinea. The translator that worked with me was a 16-year-old man named Caleb. He was from Papua New Guinea, spoke English, pidgin, several of the local tribal dialects and had plans to become a software engineer. He worked steadfastly at my side for more than a week helping me practice medicine for the people of PNG. He even started assisting me with minor procedures. I couldn’t have done my job without him. He and I have been able to stay in touch through the miracle of the internet and email. The other day, I received a message from Caleb asking if mathematics and physics are useful as a doctor. I replied in the affirmative and asked if he was thinking about medical school.

He replied, “… I had conflicting thoughts about my career until I met you. Being with you and the medical team made me realize that I love helping people. So, I really want to go to medical school, become a doctor and help other people.”

That was my answer. To make a difference in my patients’ lives, especially the children, I have to be what WVSOM taught me to be — an osteopathic physician who embraces caring, touches patients and truly realizes that a person is a unit of mind, body and spirit. We have to be physicians that inspire others.

If we as individual doctors and as a profession can do this then we will be able to begin to achieve our objective of “finding health” for ourselves and our children.

Sincerely,

Mark Waddell, D.O.
WVSOM Class of 1990
President, WVSOM Alumni Association
Snuffer named 2017 WVSOM Alumni of the Year

Rob Snuffer, D.O., Class of 2001, was recognized for his ongoing commitment to WVSOM, the osteopathic profession and rural medicine during WVSOM’s annual Mid-Winter CME in Charleston, W.Va., on Jan. 28.

Many of Snuffer’s family members — including his wife, Cathy, and three sons, John Paul, Patrick and Vincent — surprised him at the luncheon when he was presented with the 2017 Distinguished Alumni of the Year Award for his dedication to training students and providing medical care to patients in underserved areas.

“I’m fortunate that every day I get to get up and go to work and one of the best things I do is teach students,” he said after receiving the recognition. “I’m proud to be an alumnus of WVSOM and to be part of the family that sits in this room.”

Snuffer began private practice in 2004 at Weston Family Medical Care in Weston, W.Va. Snuffer has served the nation on a larger scale as an active member of the U.S. Army Reserve and has been deployed four times in the past 10 years including duty in Iraq. He is also the medical director for the Lewis and Gilmer county emergency medical services and participates as a tactical medic for the Lewis County sheriff’s department. His professional interests include drug addiction treatment/rehabilitation and osteopathic manipulation.

The family medicine physician has served as a mentor for the WVSOM Rural Health Initiative (RHI) program since 2012. Within the program, Snuffer has been the lead physician for trauma scenarios representing accidents that could happen to an employee while working in the oil and gas industry in rural West Virginia.

The current and former students who Snuffer precepts and colleagues who he works with say he is incredibly deserving of his accolades. Lyndsi Cress, D.O., Class of 2014, said Dr. Snuffer was an invaluable RHI mentor to her learning experience.

Snuffer received the WVSOM Statewide Campus Outstanding Primary Care Preceptor Award in 2014 and was awarded the Outstanding Primary Care Physician for the state of West Virginia in 2015 by the WV Rural Health Association.

The Alumni Association established the Distinguished Alumni of the Year Award in 2008 to annually recognize graduates who have demonstrated outstanding personal and professional achievements.

“Not only did he teach me how to properly care for my patients, but he instilled in me that as a rural physician I am required to provide more than just medical care. His compassion, commitment and dedication to his patients and his profession are unparalleled by anyone I have worked with and I hope to one day live up to the standards he has set as a physician,” she said.
Serving those who served — memories from WWII

Sometimes, the best way a D.O. can treat a patient is to simply listen to them. Not only can this help the patient resolve old issues by sharing with a trusted confidant, it also helps to strengthen the trust relationship between a patient and physician. Matt Verona, D.O., Class of 1991, has treated veteran patients in an emergency room in North Central West Virginia for five years.

When asked about his practice to this segment of society, he said that one of the greatest benefits of treating veteran patients is to listen and learn some of their life stories — at least those they are willing to share.

“In the beginning of their emergency department visit I make sure to tell them, ‘It’s our turn to serve you’ and at the end of the visit I thank them for their service,” he said. It is in the interest of their well being to remind them that people are thankful because they carry the hardships of their service with them.

Service men and women are both proud and humble people. This is no surprise from those who have made personal sacrifices for the sake of his/her country. They carry a constant weight of memories of war that never quite seems to go away — sometimes the stories are shared, sometimes they aren’t.

Verona said that many times after a veteran patient has shared a military memory with him he finds out from the family later that they had never heard of the story before. There seems to be a healing component to telling their rarely shared stories with a trusted confidant.

“I can see the pain in their eyes. Many of these painful memories will remain only in the minds of these heroes, since they are too painful to share,” he said.

But some choose to trust Verona with their war stories, and because of that, he said, it’s imperative that he and other physicians treating veterans take the time to truly listen to what these veterans have to say.

“As physicians we have opportunities to listen and of course appreciate their delicate position on life. Through this we can provide a safe place to unload these memories for their personal well being, and we will better understand the history of the American veteran,” he said.

Verona never served in the Armed Forces, but said he is honored to provide dedicated support to those who gave and continue to give both physically and mentally. As a reminder, he said, if a veteran ever mentions the number 22, they are not taking about a gun caliber. Twenty-two is the number of veterans who take their lives daily. Perhaps, providing a safe place to tell their stories helps to alleviate some of their stress and worry.

On the following page there are small snippets of stories that have been shared by veterans with Verona. For the purpose of protecting each patient’s identity, Verona recounts the stories imparted to him by his patients in his own words.

“I hope these stories serve to honor, not glorify their difficult duty,” he said. Verona would like to dedicate these memories to his old WVSOM roommate and classmate Timothy Kleman, D.O., who also served.

22 veterans take their lives daily

Service men and women are both proud and humble people. This is no surprise from those who have made personal sacrifices for the sake of his/her country. They carry a constant weight of memories of war that never quite seems to go away — sometimes the stories are shared, sometimes they aren’t.
Now approximately 93 years old, some of the noble veterans of World War II began their journeys by enlisting and lying about their age in order to serve their country as soon as possible. One veteran told of the time that he was landing D-Day plus 12, (meaning a veteran who landed on the beaches of France 12 hours after the initial landings). This veteran described an enemy machine gun nest in an elevator shaft high in the cliffs. He decided to climb those cliffs to knock out the nest. “I assumed that he had ropes, but he looked at me quizzically, smiled and said, ‘no ropes.’ Somehow he got to that nest and took out the threat,” Verona said.

Another World War II hero in a prisoner of war (POW) camp was marched through the Ardennes Forest with the other POWs. “He described to me profound hunger and cold, with guards taking the life of any of them who stopped, fell, or tried to escape.” At this time, the enemies were retreating due to the Allied Advance. At some point in the dark, he and another U.S. serviceman grabbed hands and left the column and for three days dug up frozen turnips and drank out of puddles. Finally they met an American GI in a jeep who gave them rations but had to leave them in the forest until the advancing Americans picked them up.

One fellow was shot in the thigh by an enemy rifleman in the Battle of the Bulge. He said he was patched up then requested to return back to his buddies, and then he was shot again — this time in the shoulder. “He complained that his second request to return to the front was denied.”

A veteran on a destroyer in the Leyte Gulf was operating a battery of 4”/50 caliber anti-aircraft machine guns and shot down three enemy pilots on suicide missions, saving many lives. He said they were so close he could see the whites in their eyes. He mustered the strength to stay focused and save lives. Another veteran said his destroyer was hit by an enemy plane and they received orders to abandon the ship three times before it sank.

Some veterans’ experiences spanned more than one war. A 92-year-old veteran shared how he met Gen. Douglas McArthur in the Philippines and served in Okinawa, Japan. Then, later in the Korean War, he said he participated in four missions considered to be “suicide missions.” In each mission, he was certain that he would not come back, but he carried out his orders anyway.

Verona considers it an honor to serve the men and women so willing to sacrifice their lives and safety to save others. Listening to veterans share their stories, if it helps them, is a special part of being a D.O.

Alumnus awarded Rural Health Practitioner of the Year

WVSOM alumnus Christopher Donovan “Dino” Beckett, D.O., Class of 2000, was recognized as the top rural physician in the nation.

Beckett was awarded the 2017 Rural Health Practitioner of the Year during the National Rural Health Association Conference in San Diego, Calif.

Beckett’s passion to care for the patients of rural West Virginia was a driving force while at WVSOM, where he was elected president of his class by his peers. Beckett returned to his home of Williamson, W.Va., in 2003 and took the initiative to help a hurting community. Because he realized a strong connection between the economic health of the community and the health of his patients, he became the commissioner of the Williamson Redevelopment Authority.

In 2011, with so many uninsured patients, he helped start a free clinic. Eventually, Beckett transformed the clinic into the Williamson Health and Wellness Center, designated as a Federally Qualified Health Center in the fall of 2013. Veteran coal miners built the center in 90 days, retrofitting a historic building with an energy efficient design into the Williamson Health and Wellness Center that serves residents of Mingo County in West Virginia and Pike County in Kentucky.

“The idea was to help patients who were trying to make ends meet be able to have access to health care,” Beckett said.

Since its opening in 2013, the wellness center went from seeing close to 7,500 patients a year to more than 20,000. Beckett is also an active member of the Mingo County Diabetes Coalition. The coalition focuses on access to healthy eating, physical activity and active living, as well as enhancing access to care through the use of community health workers.

“When we started, we looked at health from a global perspective. How could we impact a community not only from a traditional health standpoint, but how could we impact living conditions,” Beckett said.

Beckett’s efforts for a healthier Williamson have reached beyond his office and well into the area. He has helped establish a community garden, a local farmer’s market and encouraged physical activity in Williamson with monthly runs and walks.

The Rural Health Practitioner of the Year is awarded to a direct service provider for leadership in providing health services to rural areas.
We are family...

WVSOM prides itself on providing a warm, welcoming, community environment and often times the term “WVSOM family” is unofficially used to refer to students, faculty members, staff and alumni. Once one begins walking the historic halls and immersing themselves in campus life — whether it’s a student’s yearning for education or an employee’s career responsibility — that person begins making connections that often last a lifetime.

Take for instance, the Newell family, who married into the Trent family, who are also related to the Lackey family. It’s only natural that the relationships built at WVSOM inevitably intertwine, whether that means building lifelong friendships with classmates, establishing professional rapport between faculty and students, or merging families through marriage.

There are many former students who met at WVSOM, married and have begun families of their own. Those bonds that have formed show that we are all family, but in this particular case we will take a look at how the Newell, Trent and Lackey families make up one large family tree, reaching back to the beginnings of WVSOM.

“It’s easy to have the right knowledge, but having the right attitude and willingness to work, excitement about medicine and excitement to help people makes the big difference. WVSOM makes good students, residents and doctors.”

- Ryan Newell, D.O., grandson of one of the WVSOM founders, Donald Newell Sr., D.O.
Donald C. Newell Sr., D.O., was one of four founders of the West Virginia School of Osteopathic Medicine. Newell graduated from Kirksville College of Osteopathic Medicine (KCOM) in 1936, but he saw a growing need for osteopathic physicians in rural West Virginia.

His son, Donald Newell Jr., D.O., graduated from KCOM in 1973, but has since been awarded the status of honorary alumnus of WVSOM. He served as a member of the WVSOM Board of Governors for many years and was chairman of the board for one year. Newell Jr. even spent time on campus as a cadet when it was the Greenbrier Military School.

“I just enjoyed the school and have been impressed with the philosophy and family feeling of the school. I always wanted to be a part of it and invest my time in WVSOM.”

He recalls the beginnings of WVSOM during a time when his father envisioned a brighter future for osteopathic physicians in West Virginia.

“When I was in Kirksville, my dad would call me once a week. One time he called and said, ‘By the way, a couple of us here in West Virginia are going to start a medical school.’ I asked him, ‘Why would you do that?” Newell remembered.

He said that at the time, there were only five osteopathic medical schools in the nation and only about 30 D.O.s in West Virginia fighting for licensure.

“He told me he was afraid there’d be no D.O.s left in West Virginia, and if they could graduate 15-20 graduates each year, they could maintain their numbers and keep osteopathic medicine alive in West Virginia,” Newell said. “Now there are about 200 in each graduating class. My dad would be amazed and astounded as to what happened to the school.”

Subsequently, Donald Jr.’s son Ryan Newell, D.O., was the first WVSOM graduate of the family (Class of 1999). He currently serves as an Alumni Association board member. Ryan remembered the trepidation he felt before entering medical school.

“I was nervous about medical school, starting that chapter and the unknown of what it was going to be like and realized, really quickly, WVSOM was very much a family environment,” he said. “Professors were accessible. They were interactive and went to events with us. I still keep in contact with some of them. That really made the difference for me. WVSOM is personal.”

“WVSOM makes good students, residents and doctors.”

Ryan said he is proud to see the school’s transformation and the legacy left behind by his grandfather.

“Am I proud that my grandfather started the school and that my dad was so involved and on the board and giving talks at graduation? Yes, certainly. I really looked up to that,” he said.

The Newells have truly given “family medicine” a literal meaning — Donald, Ryan, and Ryan’s wife, Lisa Trent-Newell, all work as family medicine physicians at Fayette Clinic in Fayetteville, W.Va.

“One of WVSOM’s founder’s legacies lives on”
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 15 sessions for physicians, took place Jan. 27-29, at the Embassy Suites. Event lectures offered updates on medical topics, some of which included:

- Infections transferred from pets
- Patient fitness levels
- Arthritis
- Overview of health challenges regarding autism
- Rotator cuff tears
- Urology updates
- Hypertension treatment
- Safely prescribing opioids
- Osteopathic management of shoulder pain
WVSOM faculty and alumni provided information for a majority of the sessions.

**THIS YEAR’S PRESENTERS:**

- John Garlitz, D.O.
- Mark Waddell, D.O.
- Robert Pepper, D.O.
- Leah Triplett, D.O.
- Rob Aliff, J.D.
- Janet Lintala, D.C.
- Cliff Evans, D.O.
- James Tierney, D.O.
- Art Rubin, D.O.
- George Boxwell, D.O.
- Ralph Wood, D.O.
- James Wadding, D.O.
- Dwight Bundy, D.O.
- Heather Ratliff, D.O.
- Emily Thomas, D.O.
- Andrea Nazar, D.O.
- Caytlin Deering, D.O.
- Michael Cheshire, D.O.
An Alumni Luncheon and annual meeting were part of the weekend’s events. During the luncheon, Rob Snuffer, D.O., Class of 2001, was presented with the Distinguished Alumni of the Year Award [see full story on page 47].

A raffle for a Yeti cooler took place throughout the seminar. Joe Dawson, D.O., Class of 1997, and his $600 donation to the Alumni Association Tower fund won him the Yeti cooler. New Alumni Association life members or tower donors were eligible for the drawing. The raffle garnered about 15 new life memberships.
RESEARCH POSTERS RECOGNIZED AT MID-WINTER CME

Medical residents and WVSOM students presented 13 posters at the MSOPTI Research Day Poster Competition during the Mid-Winter Osteopathic Seminar in January.

Poster winners were announced during the seminar’s alumni luncheon on Jan. 28, where individuals were recognized in research and people’s choice categories.

Winners
RESEARCH CATEGORY:

1ST
GLEN HAYES, D.O.
PATRICIA SOUTHERLY, D.O.
ADAM HEINEMANN, D.O.
“Vasculitis — Is Cocaine the Culprit or is There More to the Story?”

1ST
STEPHEN LEHMKUHL, D.O.
KYLE FUSSELMAN, D.O.
“Congenital Contractual Arachnodactyly.”

2ND
JOHN ALMEIDA, D.O.
“A Real Pain in the Neck.”

3RD
SHAUN RAGANYI, OMS III
“CLinSY: An Innovative and Technologically Advanced Method of Instruction.”

PEOPLE’S CHOICE
AHMAD ETER, M.D.
CHRISTOPHER EDWARDS, D.O.
“La Crosse Encephalitis.”
Class notes

1978
Gene Duncan, D.O., 1978 and Claudia Duncan, D.O., 1992, are proud to share that their daughter, Sidney Duncan, graduated Summa Cum Laude with a Bachelor of Arts degree in photography and minor in art history. She will attend Syracuse University in the fall to pursue a master’s degree in museum studies.

Edward Eskew, D.O., is the medical director for the new Southway Inpatient Program at Thomas Memorial Hospital in South Charleston, W.Va., which opened in October 2016. Eskew continues to provide outpatient addiction service through Prextera, as well as continue his work as associate medical director for the West Virginia Medical Professionals Health Program.

1979
Steve Richman, D.O., has created “My Hometown Doctor Fund,” a fund with the Hinton Area Foundation that offers financial help to area students who wish to attend WVSOM and return to Summers County, W.Va., to practice medicine. The fund’s first award recipient is Nick Bennett, who will enter this year’s WVSOM Class of 2021.

1985
Thomas A. Gibbs, D.O., is in his third year as medical director of the Regional Center for Opiate Recovery in Massillon, Ohio. The primary focus of the clinic is to help opiate addicts recover. Gibbs is excited to announce that his employer, CommQuest Services, is opening a new detox unit at the Alliance Community Hospital in Alliance, Ohio. The facility will be an inpatient detox for alcohol, benzo and opiate addiction.

Karen Montgomery-Reagan, D.O., FACOP, was awarded the Harold H. Finkel, D.O. and Arnold Melnick, D.O. Community Pediatrician of the Year Award from the American College of Osteopathic Pediatricians (ACOP) at the 2017 Spring Conference in Louisville, Ky.

1986
Bruce Stelmack, D.O., works for NW Permanente (Kaiser) performing brain injury rehabilitation and is delighted to find the opportunity to return to study and be board certified in a new subspecialty 30 years after graduation. Stelmack and his wife, Susan, live in Oregon, a place that reminds them of West Virginia. Stelmack misses the small class of 1986 and the friends he made at WVSOM.

1989
Patricia Arnett, D.O., is still passionate about her profession and practicing OB-GYN in Butler, Pa. Arnett is past president of the American College of Osteopathic Obstetricians and Gynecologists. Her daughter, Jessica, who often attended classes with her during medical school, is now an internist in Somerset, Ky, and is mother to her grandson, Tiberius. Arnett’s son, Daniel, is in the robotics master’s program at Carnegie Mellon University. Arnett’s husband and soulmate, Peter, recently passed away.

1990
James Malone, D.O., is the geriatrics rotation preceptor for the United Hospital Center Practice Residency Center in Bridgeport, W.Va.

1994
Deena Obrokta, D.O., of Liberty Pediatrics, spoke at the opening of a special ceremony held to bring awareness to child abuse and neglect in Newport News, Va., in April.

1997

Jennifer L. Ravenscroft, Col., MC, D.O., is in the U.S. Air Force, stationed at Randolph Air Force Base near San Antonio, Texas. Ravenscroft is currently a medical adjudicator, Air Force Personnel Center (AFPC). During the most recent meeting of the Association of Military Osteopathic Physicians and Surgeons (AMOPS) in April, Ravenscroft was elected first vice president.

1998
Karen Snider, D.O., was named to the AACCOM National Academy of Osteopathic Medical Educators (NAOME) Fellows. As fellows, inductees function as leaders and mentors for academic scholarship and excellence within the osteopathic community. Snider was also elected to the Board of Governors of the American Academy of Osteopathy. She was one of three osteopathic physicians from around the country to be elected as a governor of the largest medical society devoted to fostering neuromusculoskeletal medicine and osteopathic manipulative medicine. Snider will serve a three-year term.

1999
Claire Sanger, D.O., is an associate professor of plastic and reconstructive surgery at Wake Forest University Medical School. Sanger married Derek Dillingham and they recently completed a medical mission trip to Togo Africa.

Tye Young, D.O., an internal medicine physician became senior partner in 2013 at UT Erlanger Primary Care East in Chattanooga, Tenn.

2000
Shannon Sorah, D.O., is in her fourth year as the chairman of the anesthesia department at the Methodist Medical Center in Oak Ridge, Tenn. Sorah is also a clinical instructor for D.O. medical students from the Lincoln Memorial University DeBusk College of Osteopathic Medicine.

2007
Karthik Mohan, D.O., is in private practice specializing in gastroenterology in Miami, Fla.

2008
Dennis C. Mays, D.O., has achieved fellow status in the American College of Osteopathic Emergency Physicians and will be honored in November 2017 at the Scientific Assembly.

2011
Preston Gardner, D.O., completed general surgery residency at Beaumont Hospital in Farmington Hills, Mich., and was accepted into the Plastic and Reconstructive Fellowship at Beaumont Hospital. Gardner won first place at the 2015 American College of Osteopathic Surgeons Conference poster presentations and has a scientific research publication. He is conducting a clinical research trial at Beaumont Hospital in Farmington Hills, Mich.

David Silber, D.O., graduated from a cardiology fellowship at New York University as the chief cardiology fellow. Silber will start his next fellowship at Columbia University Medical Center for Advanced Heart Failure and Transplantation.

2012
Todd Jamrose, D.O., completed his psychiatry residency at Grandview Medical Center in Chillicothe, Ohio. Jamrose was on the WVSOM campus as a guest speaker for Celebrate Osteopathic Medicine Week in March, where he shared his experiences in community mental health treating patients utilizing osteopathic manipulation. Jamrose is a clinical assistant professor for the Heritage College of Osteopathic Medicine and a preceptor for psychiatric nurse practitioner students from The Ohio State University. He is active with the Ohio Psychiatric Physicians Association and advocates on the state level with legislators for laws that benefit patients with mental illness.

James Brock, D.O., completed his general pediatrics residency at UCSF Fresno and while there published his first authored and illustrated children’s picture book, “Creatures of Nature.” Brock entered a pediatric pulmonology fellowship with UC-Irvine where he served at the Miller Children’s Hospital in Long Beach, Calif. He is working to complete a retrospective study entitled, “Allergic Evaluation in Hospitalized Asthma Improves Disease Management Outcomes.”

Kevin Silver, D.O., and Sara (Prupas) Silver, D.O., are happy to announce the birth of their son, Scott Silver, who arrived on Dec. 11, 2016.

Zachary Bosley, D.O., will graduate from Ohio Valley Medical Center’s internal medicine program where he was internal medicine chief this year. After graduation, Bosley and Jennifer Calafato will return to their hometown to practice traditional outpatient-inpatient internal medicine.

Jennifer Calafato, D.O., will graduate from Ohio Valley Medical Center’s internal medicine program where she was internal medicine chief this year. After graduation, Calafato will travel with Dr. Zachary Bosley to his hometown to practice traditional outpatient-inpatient internal medicine.

Jason Green, D.O., was named chief resident for the 2018-2019 academic year at State University of New York-Downstate internal medicine residency program.


Hammad Sattar, D.O., and wife Noor Ul Huda Sattar announce the arrival of a son, Zayyan Sattar, born in February 2017.

Meredith Bentley, D.O., and husband Jon announce the birth of their son, Asa Ryan Bentley, born on March 16, 2017.

Glenn F. Elliott Sr., D.O., announced his retirement as of Jan. 1, 2017, and is now in the process of authoring two self-help books along with an autobiography.

Anton Ros, D.O., passed away on May 23, 2017. He went into family practice in 1983 in Weirton, W.Va. where he remained for 30 years; worked for Brooke and Hancock Family Planning Clinics from 1985 to 2012; joined Change, Inc. in 2013; was the physician for a group home in Steubenville, Ohio, from 2003 to 2010; was medical director of Fox Nursing Home from 2005 to 2006 and Brightwood Center from 1993 to 2002; and was on the staff at Weirton Medical Center and Life Line Hospital, he previously worked at Trinity Health Systems, East Liverpool City Hospital, Aliquippa Hospital and Weirton Osteopathic Hospital. He was licensed in WVa., Ohio and previously Pennsylvania. He was a member of the AOA and VOMA. His past certifications were the American Board of Osteopathic Family Physicians and the American Medical Directors Association.

Sandra S. Chisar, D.O., passed away unexpectedly on June 13, 2017. Chisar was a dedicated physician for more than 22 years and an anchor in the emergency room. She had a passion for helping people and has left a legacy that lives beyond her years.

Joy Elizabeth (Ohler) Cousins, D.O., passed away on May 22, 2017. Cousins enjoyed her private practice for the last 17 years in Keyser, W.Va. She also worked in the emergency department at Potomac Valley Hospital and served as chief of staff from time to time. Cousins loved mentoring medical students and her guidance and advice were invaluable to them. Cousins worked at the Mineral County Health Department and served as the athletics physician at Potomac State College.

IN MEMORY OF

Joy Elizabeth (Ohler) Cousins, D.O., passed away on May 22, 2017. Cousins enjoyed her private practice for the last 17 years in Keyser, W.Va. She also worked in the emergency department at Potomac Valley Hospital and served as chief of staff from time to time. Cousins loved mentoring medical students and her guidance and advice were invaluable to them. Cousins worked at the Mineral County Health Department and served as the athletics physician at Potomac State College.
Alumni Tower Campaign

We have reached $108,744 in gifts toward the tower goal of $250,000. With an overall alumni participation rate of 7% 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.

As of May 31, 2017

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CURRENT STANDINGS
Percent of class that has donated and donation totals as of May 31, 2017.

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<thead>
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<th>Year</th>
<th>Percent</th>
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<td>2016</td>
<td>1%</td>
<td>$50</td>
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</tbody>
</table>

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1979 is currently in the lead with 72% class participation.

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Donations from 2013-2017 listed by lifetime giving category


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John Glover, D.O.

CONFERENCE ROOM
Maria Haller, D.O., and U.S. Navy Master Chief Paul Haller

STANDARDIZED PATIENT LAB 1
Rosa Stone, D.O.

STANDARDIZED PATIENT LAB 2
Jeff Braham, D.O.

EMERGENCY SIMULATION LAB
Charles Davis, D.O.

GRAND CONFERENCE HALL
John Manchin II, D.O.

GRAND HALL LOBBY
Dr. Melanie Crites-Bachert and Mr. Richard Bachert

LARGE CLASSROOM
Lewis Whaley, D.O.

MEDIUM CLASSROOM
Drs. Cheryl and Michael Adelman

NURSES TREATMENT AREA
A.S. Ghiathi, D.O.

OFFICE 1

OFFICE 2
Allen Finkelstein, D.O.

OFFICE 3
Carmen Damiani, D.O.

OFFICE 4
Naomi Wriston, D.O.

OFFICE 5
Drs. James and Nancy Tierney

OFFICE 6
Dr. and Mrs. O.J. Bailes

OFFICE 7
Dr. and Mrs. Gary Swann

OFFICE 8
Eloise Hayes, D.O.

OFFICE 9
Class of 2003

OFFICE 10
David Allen, D.O.

OFFICE 11
Cathy Dailey, D.O.

WELCOME OFFICE 1
West Virginia Osteopathic Medical Association

WELCOME OFFICE 2
Paul Conley, D.O.

ROBOT BIRTHING CENTER
Manuel Ballas, D.O., and Derek Ballas, D.O.

ROBOT CONTROL ROOM
Class of 1983

ROBOT VIEWING ROOM
John Lackey, D.O.

SMALL CONFERENCE ROOM 1
Michael Antolini, D.O., and Heather Antolini

SMALL CONFERENCE ROOM 2
Lydia Weisser, D.O.

SMALL CONFERENCE ROOM 3
Class of 1982

SMALL CONFERENCE ROOM 4
R. Alan Spencer, D.O.

SMALL CONFERENCE ROOM 5
Jim Nemitz, Ph.D.

SMALL CONFERENCE ROOM 6
Hal Armistead, D.O., and Amy Roush, D.O.

SMALL CONFERENCE ROOM 7
Class of 1990

SMALL CONFERENCE ROOM 8
Randy Blackburn, D.O.

STAFF LOUNGE
Dr. and Mrs. Arthur Rubin

STANDARDIZED PATIENT CONTROL ROOM
Dr. and Mrs. Lorenzo Pence

STANDARDIZED PATIENT LOUNGE
Dr. and Mrs. Cliff Evans

TASK TRAINER ROOM
Michael Nicholas, D.O.

SIMULATION ENTRY/LOBBY AREA
Dr. Pete and Sharon Stracci
CEC FUNDRAISING

TOTAL GOAL
$1,595,000

RECEIVED
$579,086
OUTSTANDING
$45,914
COMMITMENTS NEEDED
$970,000

REMAINING SPACES
12 Robot Labs ($35,000 each)
22 Standardized Patient Labs ($25,000 each)

TO DISCUSS A GIFT OPPORTUNITY, CONTACT:

Michael Adelman
304.647.6200
madelman@osteo.wvsom.edu

Shannon Warren
304.647.6382
swarren@osteo.wvsom.edu

Jim Nemitz
304.647.6368
jnemitz@osteo.wvsom.edu

Heather Antolini
304.647.6374
hantolini@osteo.wvsom.edu

Marilea Butcher
304.647.6367
mbutcher@osteo.wvsom.edu
CAPITAL CAMPAIGN:

STUDENT CENTER

STUDENT CENTER FUNDRAISING

TOTAL GOAL $1,745,000

RECEIVED $478,917
OUTSTANDING $211,083
COMMITMENTS NEEDED $1,055,000

STUDENT GOVERNMENT CONFERENCE ROOM
Drs. Robert and Rachel Hunter

STUDENT GOVERNMENT OFFICE 1
Michael Nicholas, D.O.

STUDENT GOVERNMENT OFFICE 6
Lori Tucker, D.O.

TOWER
WVSOM Alumni Association

QUIET STUDENT STUDY LOUNGE
Spring Hill Cardiology, PLLC and Dr. and Mrs. Badshah Wazir

STUDENT RECREATION LOUNGE
Patrick Pagur, D.O., and Billie Wright, D.O.

PRESIDENT’S RECEPTION PARLOR
Drs. Andrew and Tiffany Thymius

LARGE PRE-FUNCTION AREA
Dino Beckett, D.O.

TERRACE
Michael Nicholas, D.O.

ENTRY LOBBY
David and Martha Rader

STUDENT COPY CENTER
Brian DeFade, D.O.

SMALL PRE-FUNCTION AREA
Drs. Robert and Rachel Hunter
REMAINING SPACES

Large Conference Hall with stage ($500,000)
Dining Lounge ($125,000)
Open Student Study Lounge ($100,000)
Campus Store ($100,000)
Amphitheater ($100,000)
Student Promenade ($50,000)
Four Student Government/Student Affairs Offices ($20,000 each)

ADDITIONAL NAMING OPPORTUNITIES

First-Year Lecture Hall ($250,000)
Second-Year Lecture Hall ($250,000)
Main Building Lecture Hall 1 ($100,000)
Main Building Lecture Hall 2 ($100,000)
June 10 marked four years since I stepped down from the WVSOM Board of Governors to become WVSOM’s director of institutional development, serving as the overseeing executive of the WVSOM Foundation. As I consider my time here, I am proud of the work our team has accomplished and the way we have developed and grown. When I accepted the opportunities and challenges of this position, the WVSOM Foundation, in existence since 1975, had just more than $2 million total under management. After just a few short years of collaboration and teamwork, with committed staff and a community of dedicated volunteers under the visionary leadership of WVSOM President Dr. Michael Adelman, we are excited to say that our funds under management now exceed $45 million. That is a phenomenal accomplishment, rarely achieved in an organization such as ours. How did that happen? To paraphrase Margaret Mead, never underestimate what a small group of dedicated and thoughtful people can do. This is the commitment of our WVSOM family.

We began by restructuring and energizing the WVSOM Foundation board. The engaged leadership of people like Dr. Michael Adelman, Dr. David Allen, Missy Rubin, Dr. Rick McClung, Rob Vass, Dr. Lori Tucker, Dr. Cathy Dailey and many others started us down a path of focused and strategic growth. Their experience, dedication and foresight enabled our foundation to evolve into a much more sophisticated, fiscally intelligent organization. The perspicacious involvement

“Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it is the only thing that ever has.”
– MARGARET MEAD

Reflections on the last four years
of our board created a stable investment environment as WVSOM leadership successfully negotiated with the West Virginia legislature to independently invest the school’s financial reserves through our foundation and gain better returns. With the advice and counsel of professional advisors, our board carefully constructed a refined consolidated investment portfolio geared toward steady conservative growth.

The development and implementation of a well-structured strategic plan also led to the creation and refinement of the critical elements of a mature foundation. The next article outlines the four major program commitments necessary for the continued success of any foundation or nonprofit organization.

Through these and other programs, I believe we have made a positive difference in the educational opportunities and lives of students at WVSOM. We have provided support to student activities by assisting with mission trips, conference attendance, D.O. Day on the Hill, WVSOM Day at the legislature, guest lecturers, community outreach and special events. We engaged students as a resource to identify and meet needs through the formation of the Foundation Student Committee and established a Student Emergency Fund to provide urgently needed financial resources for students who experience personal tragedy or critical unexpected needs. We have provided much needed personal financial management education through our “Money Matters for Medical Students” series. Most importantly, we have expanded and grown significant scholarship dollars to help students underwrite the increasing cost of a quality medical education.

Many people have contributed to the successful growth of our WVSOM Foundation during the last four years. The list is too long to recognize each one individually within this letter, but if you take a look at the donor list published in this magazine, you can certainly get a good idea. I would, however, like to take this opportunity to recognize the special, dedicated, hard working folks who currently serve on the WVSOM Foundation Board of Directors: President Missy Rubin; Vice President Dr. Rick McClung; Secretary Dr. Cathy Dailey; Treasurer Rob Vass; WVSOM President Dr. Michael Adelman; WVSOM Alumni Association President Dr. Mark Waddell; Susan Lane; Nancy Stewart; Brandon Johnson, J.D.; Dr. James Deering; Dr. Randy Blackburn; Dr. Angela Pendelton; and WVSOM Vice President of Finance and Facilities Larry Ware. These individuals consistently give their time, talent and treasure to ensure the continued success of the WVSOM Foundation, and we could never thank them enough.

If you are one of our many active donors, THANK YOU! If you are not yet a contributor to the WVSOM Foundation, we would love for you to join our team. There is always room for more. You can get involved and make a difference.

There are many ways to give back to the school that helped you achieve the success you experience today. I encourage you to make a gift back to WVSOM and our students. We value gifts of any amount and can accept contributions by mail, online, through transfers of appreciated stock and more. We also welcome those who would like to join our team as members of our board. If you are interested in the WVSOM Foundation and would like to discuss how you might contribute, please call me and let’s talk about the best way for you to become involved.

As I look back over the last four years, I feel blessed and privileged to serve in this role. I believe in the mission of our school and I am proud to be a part of the WVSOM family. It is my joy and pleasure to continue to grow the WVSOM Foundation.

Heather Antolini,
Director of Institutional Development
If you ask almost any foundation director or nonprofit organization they would tell you that they could not survive without consistent support to their annual funds. It is in annual fund giving that the organization’s leadership has the flexibility to place financial support where it is needed most. While designated giving is important to specific initiatives, leaders cannot always anticipate where the needs of the organization will be most critical in the coming months and years. That is where the unrestricted support of an annual fund can be powerful.

For a number of years, the WVSOM Foundation has supported a culture of consistent and regular giving. In fact, Drs. Michael and Cheryl Adelman launched the 5 for 5 Campaign to encourage donors to commit to a habit of regular giving. As the WVSOM Foundation transitions under the leadership of Heather Antolini, to including a formal Annual Fund option in the foundation’s portfolio of giving opportunities, she will maintain the name 5 for 5 as the recognition component for the Annual Fund as a whole.

Antolini supports a well-rounded and integrated program, “The four critical elements for successful foundations are a strong annual fund, capital campaign, endowment initiative and planned giving effort.” Speaking to the annual fund she added, “The areas of greatest need changes every year. An organization has to be able to react and be nimble with each new opportunity or hurdle. Unrestricted giving is the way to be able to adjust and maintain excellence in the program.” The annual fund has recently supported activities such as student mission trips and outreach projects to support a healthier community, but it does not stop there. These funds supplement student scholarships and enhance special programs such as guest lecturers and the foundation’s “Money Matters for Medical Students” for the future physicians.

Every WVSOM Annual Fund gift supports two components: 75 percent goes to unrestricted funds and 25 percent goes to build the Cheryl and Michael Adelman endowment. It is in the endowment that reserves for future support are established.

Antolini is equally excited about the new leadership for the campaign. Two young alumni, Dr. Angela Pendleton, Class of 2012, member of the WVSOM Foundation Board of Directors, and her colleague, Dr. Michael Antolini, Class of 2012, Heather’s son, have enthusiastically stepped forward to co-chair this effort. When asked about his support, Michael Antolini responds, “Our success as D.O.s and as a profession is directly tied to the success of the school and the students who come after us. I can’t imagine not wanting to support this program to help make WVSOM stronger and more relevant in the future.” Pendleton agrees, “As a board member of the WVSOM Foundation, I have been able to see first-hand the work and support
Drs. Michael and Cheryl Adelman were instrumental in jump-starting the WVSOM Foundation initiatives. Through their personal gifts they launched the 5 for 5 Campaign and the Capital Campaign. In honor of their foresight and inspiration, the WVSOM Foundation board recently voted to name the annual fund endowment The Cheryl and Michael Adelman endowment. According to Antolini, “Each gift to the annual fund over the next 12 months and into perpetuity will be an acknowledgement of the Adelmans’ legacy to the school. Without their corporate vision and personal financial commitment, the WVSOM Foundation would not have grown into the success it is today.”

Melissa G. Rubin, president of the WVSOM Foundation, further explained, “It is the goal of the foundation that alumni will come together to honor the Adelmans by exceeding the initial objective of the endowment.”

Gifts can be made to the Annual Fund in honor of Drs. Adelman through any of the following methods:

**BY MAIL:**
Send checks made payable to WVSOM Foundation (Note Adelman Annual Fund Gift in the memo) to:
WVSOM Foundation
400 Lee Street North
Lewisburg, WV, 24901

**BY PHONE:**
304-647-6374

**ONLINE:**
www.wvsomfoundation.org
Click “DONATE NOW”

For more information regarding the WVSOM Annual Fund or other giving opportunities contact:

Heather Antolini
304-647-6374

**CHERYL AND MICHAEL ADELMAN ENDOWMENT**

“We are looking for corporations, organizations and foundations who believe in the WVSOM mission and who believe in the state of West Virginia – partners who believe in building a healthier state by providing support for future physicians committed to making a difference,” she said.

Current partners including Little General Stores, Haven, LTD., Davis Eye Center, the Manchin Clinic, the West Virginia Osteopathic Medical Association, West Virginia State Medical Association, Premier Bank and BB&T have all rallied to support WVSOM students.

“Every individual who believes in the mission of WVSOM has the opportunity to make a difference,” Antolini added. The WVSOM Foundation was fortunate to receive an anonymous gift of $10,000 each year during the next five years as a match challenge. “This match challenge could translate into $100,000 in student support all from smaller gifts from alumni and others coming together to make this happen.”

Michael Antolini chimes in “as a medical school with a mission based in a passion to serve those in rural and primary care areas, without alumni support and the support of our corporate partners, how will we be able to maintain a large alumni base in these areas?”

Corporate partners have been key in the new launch of the WVSOM Annual Fund. Heather Antolini’s initiative to secure partners to give a minimum of $2,500 per year for five years has been met with great return so far.

The WVSOM Foundation was fortunate to receive an anonymous gift of $10,000 each year during the next five years as a match challenge. “This match challenge could translate into $100,000 in student support all from smaller gifts from alumni and others coming together to make this happen.”

For more information regarding the WVSOM Annual Fund or other giving opportunities contact:

Heather Antolini
304-647-6374

**CHERYL AND MICHAEL ADELMAN ENDOWMENT**

Drs. Michael and Cheryl Adelman were instrumental in jump-starting the WVSOM Foundation initiatives. Through their personal gifts they launched the 5 for 5 Campaign and the Capital Campaign. In honor of their foresight and inspiration, the WVSOM Foundation board recently voted to name the annual fund endowment The Cheryl and Michael Adelman endowment. According to Antolini, “Each gift to the annual fund over the next 12 months and into perpetuity will be an acknowledgement of the Adelmans’ legacy to the school. Without their corporate vision and personal financial commitment, the WVSOM Foundation would not have grown into the success it is today.”

Melissa G. Rubin, president of the WVSOM Foundation, further explained, “It is the goal of the foundation that alumni will come together to honor the Adelmans by exceeding the initial objective of the endowment.”
Save the Date
Saturday, Nov. 4, 2017

The Grand Affair is the signature event that supports scholarships for WVSOM students.

Dates:
Thursday, Nov. 2 - through - Sunday, Nov. 5

Register: www.wvoma.org

Lodging: 888.976.4248

Location: The Greenbrier Resort, White Sulphur Springs, W.V.

2017
CELEBRATING 115 YEARS of CONTINUING MEDICAL EDUCATION

More than 25 hours* of CME credit

*Credits are recognized by the AOA council on CME. The complete program schedule will be posted when it becomes available.
When James Deering graduated from WVSOM in 1978 his father, who was a surgeon, congratulated him, wished him all the success and joy in his career and said, “Don’t forget to give back.” The new D.O. asked him what he meant, “He told me that in time, he hoped his words would be clear.” In time, Deering did realize what his father was trying to say. And, as Deering looks back on his career he realizes that he did bring that challenge with him from WVSOM and he has carried it forward ever since.

“At WVSOM we learned quickly that the osteopathic medical community was able to function and survive because of our willingness to give back. Now, we honor those who gave us our opportunities by helping to provide opportunities to the students who follow,” Deering said. “As physicians it does not take long before we realize that we can give back and in fact, there are three ways we can give: with our time, with our talents and with our treasures.”

Over the years, Deering has given his time and talent by serving as a medical preceptor, inviting students and residents into his practice to teach them and share with them his hopes for their futures. During those years, he began to make small contributions to scholarship funds remembering a classmate or instructor, he purchased his share of raffle tickets, he bid on silent auction items, opened his home to students who were in his area in need of housing, and also became a life member of the Alumni Association. However, it was not until Dr. David Allen, then chairman of the WVSOM Foundation, called him one morning and said, “Jim, I need you to serve on the WVSOM Foundation board. I not only need you to serve on the board but I need you to be an example by serving and contributing. Can you do that?” That conversation was the first time he was asked to personally contribute.

“Being a financial supporter of WVSOM and my work with the foundation has been very educational,” he said. “I now fully realize what my father meant when he said ‘you have to give back.’

My wife, Dr. Jodi Flanders, and I made a conscious decision this past year to support WVSOM financially in conjunction with my work on the WVSOM Foundation board and her work as a WVSOM preceptor and advisor to one of the student outreach programs. “My work with the foundation has shown me so many reasons to support the institution financially. My wife and I recently chose to contribute to the WVSOM Foundation with a gift of appreciated stock. It seemed to make sense.”

It allowed them to make a donation for which there would be no capital gain tax to be paid had they sold the stock and made a cash gift. The donation would of course still be tax deductible and the WVSOM Foundation would receive the full benefit of the stock’s original value plus the appreciated value.

Heather Antolini, director of institutional development at WVSOM, commented on using appreciated stock as a path to giving back. “The WVSOM Foundation accepts all manner of gifts, one of which is in the form of appreciated stock. This arrangement is a benefit to both the donor and the WVSOM Foundation,” she said. Antolini went on to explain that the donor is benefited by avoiding a tax on the capital gains of a stock sale and they are able to receive a tax deduction for the stock’s full market value at the time of transfer, rather than the original cost of the stock.* The foundation benefits from this transaction by being able to acquire the stock at the full market value as well.

Deering suggests another intangible benefit experienced by he and his wife. “Often times as donors, my wife and I are sometimes asked if giving to WVSOM through the foundation is rewarding. The answer is an unequivocal and resounding yes! And let me add that I am certainly glad that Dr. Allen asked me in person to contribute.”

*Please note: Antolini is not a certified tax accountant and she strongly recommends that each donor review the benefits and gift types with a professional advisor. The comments above represent general outcomes and are not meant to be universal based on the personal circumstances of the donor.
“Education, especially higher education, is so important to the future of our economy. The students that graduate from WVSOM are more likely to stay in West Virginia and in rural areas that are in desperate need of quality health care.”

- Jeff Vickers, executive vice president, Greenbrier Division president of Premier Bank

Area bank provides decades of financial support to WVSOM

Premier Bank recently joined the ranks of WVSOM Foundation Annual Fund Partners by making a five-year commitment to the annual fund, an initiative that will help to meet the areas of greatest need at WVSOM and lessen the financial burden for WVSOM students so that they can commit to following their passion to serve. The significant pledge of $12,500 during the five-year period demonstrates Premier Bank’s decision to support the WVSOM mission as a loyal partner.

This is not their first show of support for WVSOM students. Premier Bank, formerly known to many in the community as First National Bank, has been a generous supporter since the late 1970s — shortly after the school first opened its doors.

Premier Bank has contributed more than $15,000 to WVSOM from both the local bank in Lewisburg and the corporate office based out of Huntington.
Financial contributions on behalf of the bank have also been given to the Grand Affair, Wilderness Medicine Club, 5-for-5 campaign and 10K races.

Financial contributions made by local businesses enhance the WVSOM student experience in meaningful ways, for example, donations help pay student tuitions through scholarships, give students the opportunity to participate in extracurricular programs such as mission trips and ensure that the growing campus infrastructure continues to provide an optimal learning experience. In short, corporate partners help to prepare WVSOM students for their careers in health care.

Jeff Vickers, executive vice president, Greenbrier Division president of Premier Bank, said he sees great value in the thousands of volunteer hours WVSOM students contribute to the surrounding area.

“We recognize the positive impact the school has on the community as well as our bank,” he said of the bank’s dedication to supporting WVSOM. “Faculty and students support local businesses. Many of these people are our customers, so we feel this is a win-win situation. Additionally, in establishing relationships with students now, we, in turn, hope to maintain this relationship beyond their time at school.”

Vickers and his wife, Ashley, see the benefit to the state in supporting WVSOM.

“Education, especially higher education, is so important to the future of our economy. The students that graduate from WVSOM are more likely to stay in West Virginia and in rural areas that are in desperate need of quality health care,” Vickers said.

The support WVSOM receives from the bank makes sense to Vickers. He said the bank’s mission compliments the school’s to support the success of WVSOM students and people of West Virginia.

“Much like WVSOM, we care for the well-being of our residents. It’s our goal to educate customers on financial and fiscal responsibility. We have a wide range of customers who are buying their first house or starting their own business and we want to serve those people. Being in a rural area we need to teach fiscal responsibility so people can meet their dreams and goals,” he said. “We are also trying to help lessen the financial burden of students when they graduate by contributing to WVSOM student scholarship funds.”

Heather Antolini, director of institutional development at WVSOM, said that having loyal and consistent donors is paramount in contributing to WVSOM’s success in graduating physicians.

“WVSOM and its students are so grateful for the corporate donors that have made financial contributions to the school for years and years. Corporate support is important in a small community where resources may not be as abundant as in a larger city. The many years of loyalty shown by businesses to WVSOM prove that our medical school is doing the right thing for the greater good.”
Greenbrier Military School celebrates 25 years of supporting WVSOM students

When the Greenbrier Military School closed its doors in 1972, following a history dating back to 1812, there was a definite plan in place. Immediately following the last graduation and a formal dismissal on the front court, the administrators locked the doors and handed the keys to representatives of the group of physicians who purchased the property with WVSOM in mind. Under the leadership of the physicians’ group, Dr. Roland P. Sharp was selected as the first president and despite numerous hardships, the school found solid ground.

A decade later, GMS alumni held a meeting in their former auditorium on WVSOM property. These former GMS cadets did not want to lose touch with their friendship forged while at the school. They wanted to establish an active alumni association — the Greenbrier Military School Alumni Association (GMSAA).

Sharp, whose son graduated from GMS, was supportive of the idea. The medical school went out of its way to accommodate their needs and the newly-formed GMSAA had full run of the ground floor of the quad building, using the area of the old PX as their base of operations and the inside of the quad for its first barbecue. Grateful for WVSOM’s support, the GMSAA began supporting WVSOM through scholarships in 1992 and have consistently supported the students at the medical school ever since.

Their first gift was at the WVSOM Spring Awards to a first-year student. The GMSAA board decided it wanted to assist a student that met more than the usual criteria for such an award. In a meeting with Dr. James Stookey, then academic dean, and other faculty and staff who had contact with all the freshman students, Michael Hollingsworth was selected as the recipient of the inaugural $1,000 award. In 2001, twins Kelly and Kevin Dehart tied for the clear choice and both were awarded the scholarship. Since that time, the GMSAA has generously given two scholarships each year.

A display in the alumni center lists 25 years of support to the West Virginia School of Osteopathic Medicine and its students. The display reads:

Continuing the rich heritage and traditions of Greenbrier Military School, rewarding SERVICE, SCHOLARSHIP, AND MOTIVATION.

Herb Pearis, GMSAA member, sums it up, “We’re looking for students who will remember and be proud of having received the scholarship for the spirit behind the award more than the monetary award.”
We’d Like You to Meet

JOYCE MARTIN

Administrative Assistant, Sr., Center for Rural and Community Health (CRCH)

How Long Have You Worked at WVSOM?
11 years

What City/Town Are You Originally From?
Clintonville, W.Va.

What Is Your Favorite Spot on Campus?
We have a beautiful campus, but if I had to choose one spot it would be anywhere I can see the clock tower. Especially when it is lit up at night.

What Is One of Your Favorite or Funny Memory at WVSOM?
If I had to choose one, it would be how we all came together during the 2016 flood. We had numerous administration, faculty, staff, alumni and students who volunteered in many ways (clean-up, collection and disbursement of needed supplies, monetary donations, etc.). That is what family does. We support each other’s efforts when a need arises. It was humbling and emotional to be part of the outreach to our local communities. It is something I will never forget.

Why Do You Think the CRCH Is Important to Students or the Community?
The CRCH offers programs, events and outreach to communities statewide to meet WVSOM’s mission “to serve, first and foremost, the state of West Virginia and the health care needs of its residents, emphasizing primary care in rural areas.” We are able to share tools, resources, education and training to not only those on campus or in the local area but to residents in all parts of West Virginia. We provide various health-related programs to educate fellow West Virginians on ways to improve their own health and the health of their loved ones.

Why Do You Think It’s So Important for You to Give So Much of Your Time to Volunteer Efforts and Activities at WVSOM and in the Community?
My roots are here in Greenbrier County and I am proud to call West Virginia my home. By volunteering, I am able to give back to WVSOM, my community and my state. Volunteering is not only personal growth for me but it is an investment in my community. It strengthens communities, builds bonds and relationships with others, but most importantly, it is fun! Just to think that my volunteering, whether big or small, can have an impact on someone else’s life — now that is priceless.

Tell Us Something We May Not Know About You or an Interesting Fact.
Although I was a teenage mother, my daughter is the best thing that has ever happened to me. I am very blessed as I now have two grandchildren, Dalton and Lilah, and they are my world. Having her early is the one thing in my life that I would not change.

Joyce Martin’s Volunteer Work:
- President of the Classified Staff
- Helps organize Classified Staff fundraisers that provide funds for community organizations and events such as high school graduations, Heart of the Holidays, holiday toy drives, Adopt A Knight programs, etc.
- Organizes Heart Health awareness events
- Coordinates training for Community Health Resource Persons through CRCH
- Works on fundraisers for others in the community (Relay for Life, 4-H events, etc.)
WVSOM Points of Pride

19th Consecutive Year
WVSOM was ranked one of the nation’s top medical schools for the 19th consecutive year.
U.S. News & World Report

No1
WVSOM is No. 1 in providing primary care physicians for West Virginia.
W.Va. HEPC Health Sciences Report Card

No1
WVSOM is No. 1 in the nation graduating primary care physicians who practice in rural Appalachia.
Academic Medicine

No1
WVSOM is No. 1 in the nation among all medical schools graduating physicians who practice in rural areas.
Academic Medicine

WVSOM was recognized for the sixth consecutive year as a Great College to Work For.
The Chronicle of Higher Education

Important Dates

Summer
August 26
ConvoCation/White Coat Ceremony

Fall
August 25-27
Alumni Weekend

Winter
November 4
Grand Affair

January 26-28
Mid-Winter CME