Dear Friends of Midwestern University,

One of the things I love most about our two campuses is the chance it gives me to appreciate both the similarities and the differences among the faculty, staff, and students during the seasons of the year. In this issue of Midwestern University Magazine, we invite you to share with us wonderful service projects, special student events, community outreach, and educational opportunities that take place throughout the year, within our academic family.

Midwestern University is very fortunate to have strong supporters, enthusiastic students, and dedicated faculty and staff who have encouraged our growth. Each season brings new challenges, new opportunities, and change. The past year was one of significant change and achievement as we continued to develop new academic programs that are designed to fulfill our mission of meeting the needs of the health care community, while providing our students with outstanding educational opportunities on campus and in their clinical settings.

We constructed and opened seven new facilities on the Glendale Campus while continuing to build the new Dental Clinic and Optometry Clinic that will serve the faculty and students on that campus. In Downers Grove, we have begun a very extensive building program that will provide a new Basic Science Hall, and expanded Student Commons for the growth of new academic programs.

Every season is alive with activity on our Downers Grove, Illinois and Glendale, Arizona campuses. I invite you to join me in sharing the activities, special programs, and wonderful faculty, staff and students who make up this academic community. Visit with us at work, play, rest and “at last,” as we present an in-depth look at Midwestern University. Together we work hard to provide outstanding education for every student who becomes a member of this community. It is our duty and commitment to excellence that enhances all the seasons of our lives.

Sincerely,

Kathleen H. Goeppinger, Ph.D.

Kathleen H. Goeppinger, Ph.D.
President and Chief Executive Officer
Midwestern University

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MIDWESTERN UNIVERSITY

“Work is life, you know, and without it, there’s nothing.”
—John Lennon
In addition to basic physical exams, Stan can also respond to CPR, intravenous medications, intubation, ventilation, and catheterization, giving students accurate feedback and the chance to practice over and over in a safe, controlled environment before performing on real patients.

Students on the Downers Grove Campus are also using manikins to augment their understanding of future patients. Often sporting a colorful t-shirt or seasonal attire, the Student Auscultation Manikin (SAM), a torso-only manikin simulates the sounds of the heart, lungs, and abdomen. Currently, Chicago College of Osteopathic Medicine students are using the simulators in several different labs. “We used SAM yesterday in lab on heart sounds,” said Margaret Lechner, M.S., R.N., Assistant Professor of Family Medicine (CCOM).

“Before, we would have an overhead audio or students would listen to each other. But, most medical students are healthy 20-year-olds. Using the simulator, students can really hear how a murmur would sound in a body,” she added.

According to METI (Medical Education Technologies, Inc.), the makers of Stan and other patient simulation technology, studies have shown that simulation accelerates student training and saves lives.

David Parrack, D.O., FACOS, AZCOM Chair of Surgery and Anesthesia, agrees. “If I had to give you two words about simulation? He says. “Patient safety. Hopefully in the long run, simulation will minimize the costs associated with the old ways of learning on real patients, with real instruments. Now, a lot of common surgical procedures are taught on simulators: scopes, subclavians, arterial lines. It makes for a much easier transition to the hospital ward. When you use simulation before moving to a live patient, your chances of having something fatal happen are much less.”

In the coming year, students will have additional simulation options with which to hone their skills. Several more manikin models are on order, and mock operating rooms will soon be available for students in many programs from osteopathic medicine to physician assistant studies, nurse anesthesia, cardiovascular perfusion, and more. And, students will continue to embrace the new technology, if their current enthusiasm is any indication. As Dr. Speicher put it, “They didn't always know how to diagnose all the cases, but they sure wanted to help that manikin!”

Stan must have gotten to them, too.
Click. Students Give Answers with a Press of A Button

Even the best faculty members run into situations where they aren’t quite sure if students are absorbing the material they are presenting. New technology, being used on campuses throughout the country, aims to change that by gauging student understanding during lectures—and adding a little fun to the learning process.

Midwestern University students now have their own electronic keypads—commonly known as clickers—that allow them to instantly and anonymously answer questions by pressing a button on the keypad. The clickers, part of the Turning Point Wireless Student Response System, look like a TV remote and are used to answer questions displayed in a Microsoft PowerPoint presentation that the entire class can view at the same time. Summaries of responses are then shown in real time to both instructors and students. In addition, answers can be stored electronically for later viewing and analysis.

“Student learning styles have changed quite a bit over the last 10 years,” said Kathy Dooley, Director of Media Resources, and part of the team who introduced the technology to the University. “The main reason we wanted to use the clickers was to engage students in a different way,” she said. “The clickers allow students to respond immediately to what they are hearing in class.”

The 2008-2009 academic year marked the first year that the devices were required for all new students and many see the potential for the device to be incorporated into their learning experiences. “We have used the clickers in almost every class,” said Rob Heininger, MS-II (CCOM). “I would say that there are two very positive aspects about the clickers. First, they allow the instructors instant feedback as to whether or not the class is understanding a particular concept. Second, they help the classes to be interactive for the students—which is very useful when you’ve been sitting in a lecture about renal physiology for three hours.”

The clickers are also used for quizzes and review sessions. “In physiology, most of the lectures have us use them to answer questions on case presentations,” said Daniel Glapa, PS-II (CCP). “Clicker questions can be a great way to emphasize what will be tested on in an exam,” he added.

The University believes the system has a bright future. “We’ve come a long way in the last six months,” said Erik Carroll, Director of Information Technology Services. “There has definitely been a learning curve and we will continue to work with the faculty to get the system running smoothly.”

Preliminary research supports the belief that clickers enhance student learning. Flora C. Liu, PS-IV (CCP), Jacob Gertig, Pharm.D., Assistant Dean of Pharmacy Practice, and Nancy F. Fjortoft, Ph.D., Dean of the Chicago College of Pharmacy, evaluated the effectiveness of the student response system on short-term and long-term learning in a study currently under review for publication. As part of the study, they randomized 179 students enrolled in the course, “Drug Literature Evaluation” and divided them into two groups. The first group attended a lecture that used the student response system, while the second group attended the same lecture without the clickers. In both groups, students took a quiz at the end of the class to test comprehension and retention of the lecture material. The results showed that the class that used the clickers did significantly better on the quiz than those without the clickers. Those results indicate that clickers improved short-term learning.

In addition to helping students retain information and keeping them engaged in their classes, Midwestern University is developing new uses for the clickers. “We just recently added the ability for students to use the clickers to do course and faculty evaluations,” said Mr. Carroll, “It’s been working very well and has significantly increased the number of responses on those evaluations.”

While the clickers will never take the place of a classroom discussion, they are part of a vast toolbox instructors use to keep students engaged in the material they are learning.

Uses of Clickers:

- Facilitate discussion by polling students’ opinions and discussing the reasons for their opinions.
- Engage all students in the classroom and increase student involvement in lectures.
- Provide instant feedback both for students and instructors.
- Collect student performance data.
- Take attendance.
- Conduct faculty and course evaluations.
Universities Use Facebook to Connect with Potential Students, Alumni

Oprah, Bill Gates, Clifford the Big Red Dog, and Midwestern University all share one thing in common. They have Facebook pages.

Facebook is a social networking site that allows users to join networks, log on to fan sites, and interact with other people. Just like face-to-face networking, Facebook allows users to build and expand connections by adding friends, sending messages, and updating their own profiles with news and photos.

The Web site’s name refers to the printed “facebooks” created by colleges and universities as a way for students to see photographs of other people on campus. It’s not surprising then, that university administrators are finding value in the online version of Facebook. Midwestern University has joined the ranks of more than 420 colleges and universities with their own Facebook page.

Log on to Midwestern University’s Facebook page and you’ll see photos from the most recent medical missions trips, information about upcoming alumni events and continuing education opportunities, as well as posts from various alumni and staff members at the University.

Become a fan at: http://www.new.facebook.com/pages/Midwestern-University/15203743990

Terms You May Want to Know:

• Social media: a category of sites that centers on user-generated content and user interaction
• Friend (as a verb): act of connecting with another person on Facebook, e.g.: “I’ll friend you next time I log on.”
• Widgets: small piece of code that is written so it can be implemented on a third-party site, like mini applications.

Getting Started on Facebook is Easy

• Get comfy in your favorite spot in front of a computer with Internet access
• Go to www.facebook.com
• Look on the right side of the page where it says “Sign Up”
• Fill in your name, e-mail, and date of birth
• Now you are a member of Facebook
• Play around. Fill in information about yourself, and add a picture so everyone can see how well you’ve aged.
• Find some friends. You can either search for them by name or use the Friend Finder feature (say that three times fast) to help.
• Search for groups that are discussing topics that interest you: cancer research, book clubs, John Wayne movies.
• Become a fan of your favorite products, people, and institutions. You know, like Midwestern University.
Team Spirit, Humble Appreciation

MWU Mission Trip to Guatemala

By Karen D. Johnson, Ph.D.

“The key word for the week is teamwork,” emphasized John Burdick, Ph.D., MWU Vice President of Clinic Operations and Dean of Basic Science and, for two weeks, leader of the Midwestern University Medical Mission to Guatemala, along with Alan Schalscha, D.O., alumnus of the Arizona College of Osteopathic Medicine and current Clinical Assistant Professor and Family Medicine physician at the MWU Clinic.

As the group of 30 or so MWU students, alumni, faculty, and friends gathered in the backrooms of their Antigua headquarters, La Hotel Sin Ventura, the veterans nodded in agreement as Dr. Burdick outlined the goals for the week. At its heart, the MWU mission trip to Guatemala reflects the best type of teamwork in medicine today—physicians working side by side with pharmacists, therapists, optometrists, dentists, podiatrists, and volunteers to treat their patients. The mission is hosted under the auspices of DOCARE International, a nonprofit medical outreach organization.

This was my second trip to Guatemala, a country blessed with many natural wonders and resources but with severe pockets of poverty and shortages of health services. For the MWU team of practitioners and students, time spent on the mission is an opportunity to practice medicine at its most primitive and yet its most pure. Primitive in that the health providers and students are there simply to help people in need—the most fundamental reason most of them decided to go into medicine in the first place.

Logistics are a key element of the MWU mission trip, and Drs. Burdick and Schalscha are both expert at preparations. Clinic volunteers arrive at La Sin Ventura early, pack the vans with supplies and people, and head off to the nearby villages. My day at the clinic began in a small town in the hills above Antigua and below one of the area’s several active volcanoes. Our local guide had arranged for us to set up in a vacant home, so rooms were assigned for triage, family practice, women’s health, podiatry, and the pharmacy. In no time, the building was operating as a health clinic, with bed-sheets providing a small measure of privacy and waiting room chairs set up in the street.

About mid-day, I was shuttled to the other mission location for the group, a school building located further up the mountainside. The larger number of clinic volunteers at this site were able to spread out into the open classrooms and provide more specialty services, including dermatology and ophthalmology.

Late in the afternoon, one of the translators asked if anyone was willing to go on a house call. A young girl had come to the clinic seeking help for her grandmother who was suffering from diabetic ulcers. In no time, a doctor and two students had their medical bags packed and were off to the village to see their patient. Another group visited a severely ill child who lived nearby to check in on the family and make sure they were doing as well as possible. Needless to say, the housing and sanitary conditions in rural Guatemala are not what we enjoy in the States, but the spirit of the people and love shared by these families are qualities we would all recognize.

With the line of patients drawing to a close, I joined several MWU students in talking with the Guatemalan children. They were happy to pose for photos, and loved seeing the pictures on our cell phones. This brief cultural exchange was as enriching for us as it was them. When the last patient was treated, we packed up our bags of supplies and headed back down to Antigua for the night.

After just one day of clinic work, my body was exhausted, filthy, and hungry, but my soul was lifted in a way that I do not often experience. In a small way, I had helped people that day, and our entire mission group had helped the community in very significant ways. The clinic team did its job, and the people of Guatemala gave us humble thanks. In two weeks in Guatemala, the MWU team saw approximately 3,800 patients. It is easy to see why the volunteers return year after year, taking time off from their practices to experience medicine at its most primitive and most pure.
“Play builds the kind of free-and-easy, try-it-out, do-it-yourself character that our future needs.”
—James L. Hymes, Jr., author.
Intramural Sports
A Winner on Campus

It might not seem like much, but the coveted intramural champion t-shirt is a prize sought after by many Midwestern University students on the Downers Grove Campus. Bragging rights also help motivate students to play hard as they participate in a wide range of intramural sports offered on both campuses.

“We won the basketball intramurals last year,” said Jon Closen, PS-III (CCP). “Our team was really happy to have won and we did celebrate. We all wore the shirts to class the next day.”

Other members of championship teams also recount tales of hard won victories. “I have had the opportunity to be on two championship teams, both dodgeball and volleyball, and our teams do take pride in the fact that we were the champions by wearing our championship shirts and then forming the team again the next year to try and defend our title,” said Brent Brokhof, PS-III (CCP). “Overall, I would HIGHLY recommend that if anybody is interested in playing intramurals, don’t hesitate to find a team, and then prepare to have some fun!”

Committed to the osteopathic concept of wellness, Midwestern University encourages students to participate in intramurals as a way to balance their academic and personal lives.

“I play intramurals on campus mostly because I love a little friendly competition and have always been involved in sports,” said David Lauck, MS-III (CCOM). “I also use it as my excuse to help me stay in shape and keep my sanity when the class work is getting overwhelming.”

Although the games have a reputation for being quite competitive, many students said they join just to have fun or even learn how to play a new sport. “I participate in racquetball so I can learn the game better. I just started playing it last year,” said Brianne Nicoletti, MS-III (CCOM), who also plays on a co-ed soccer team.

According to the National Intramural Recreation Sports Association, students involved in campus recreation show greater alertness in classes and report more enjoyment of their college experience. At MWU, it also allows students to expand their circle of friends and get to know other students. “You really get teams from every program,” said Phil Huang, MS-II (CCOM). “You definitely get to know people as you’re playing out there on the field. I would say that it helps you to get to know people outside of your program.”

Student interest in sports runs high with about 300 students on the Downers Grove Campus competing each year and occasionally a faculty and staff team will also join the fun.

“I think the best thing about our intramurals is that it gives us a chance to forget about classes for an hour or two and focus on having fun with our fellow students.” Mr. Closen added. “It is nice to take a break from studying to have fun and compete in sports.”

We Got Game:

Intramural Sports

FALL QUARTER:
Flag Football
Outdoor Soccer

WINTER QUARTER:
3-on-3 Basketball
4-on-4 Co-Rec Basketball
Racquetball
5-on-5 Basketball
4-on-6 Open Volleyball
6-on-6 Co-Rec Volleyball

SPRING QUARTER:
Dodgeball
Indoor Soccer
6-on-6 Volleyball
Racquetball

SUMMER QUARTER:
3-on-3 Open Basketball
Racquetball
Co-Rec Sand Volleyball

Benefits to students who play intramural sports (as outlined in national research):
• Improves overall well-being
• Reduces stress
• Improves overall happiness
• Improves self-confidence
• Helps build character
• Helps build community
• Enhances diversity
• Improves social life at college
• Teaches important team-building skills
• Enhances students’ learning experience
• Improves time management skills
• Improves leadership abilities
Student Clubs Growing Strong

The phrase, “Want something done? Ask a busy person!” comes to mind when describing Midwestern University students. Often, they are the A+ students who, by the way, also play two musical instruments, speak three languages, and donate countless hours each week to volunteer projects. So it comes as no surprise that they dedicate the same energy to their professional clubs.

On the Glendale Campus, this past year has been an exceptionally busy one for students. The phrase, “Want something done? Ask a busy person!” comes to mind when describing Midwestern University students. Often, they are the A+ students who, by the way, also play two musical instruments, speak three languages, and donate countless hours each week to volunteer projects. So it comes as no surprise that they dedicate the same energy to their professional clubs.

Triathlon Club
• Practice Management Club
• Phi Delta Epsilon
• Ophthalmology Club
• Business of Medicine Club

In Downers Grove, there are about 59 student clubs and each academic class has its own executive board. Some of the most active clubs include:
• Phi Delta Chi (Pharmacy fraternity)
• Kappa Phi (Pharmacy fraternity)
• APhA (Pharmacy)
• SOMA (Medicine)
• APAMS (Medicine)
• GLASS (gay, lesbian, and straight students)

“I am excited to see the number and diversity of clubs,” shares Julie High Horse Munstedt, M.A., Assistant Dean of Student Governance. “Students have so much on their plates already: becoming professionals, finding time to be leaders, getting out into the community, taking care of the details. They continue to impress me!”

Students typically come up with new club ideas themselves, and then work with the Office of Student Services to make them a reality. One new club this year, the Business of Medicine, has been especially entrepreneurial in its approach. Its goal is to educate students about the financial and business aspects of careers in medicine, and so far it has been successful. Activities have included alumni panels to encourage networking among current and future alumni, information sessions on medical practice financing and debt management, and a special event in conjunction with Homecoming in May. Future activities include an introduction to billing and an information session on implementing OMM into a practice.

“Club activities are an excellent way to expand our medical education and build contacts, not only in medicine, but in other fields like finance and management,” says Emily Macy, MS-III (AZCOM), Business of Medicine Club President. “The students are especially appreciative of the advice from recent alumni.”

To help connect local alumni with current students, the Club has worked closely with Karen Ewing, Manager of Alumni Relations, in the Office of Development & Alumni Relations. “The alumni who participated in the club panels have been an invaluable resource,” says Ms. Ewing. “They answered the students’ many questions, addressed their concerns, and helped them establish professional contacts. It was a rewarding experience for everyone and alumni have been very happy to give an hour or two of their time to the students.”

From business to salsa dancing (another new club), not only do the students promote their own club missions, many of them also donate proceeds to local nonprofit organizations, creating lasting ties with the local community. “Most of the clubs have a favorite charity they support along with their own club activities,” says Ms. High Horse. “We are especially proud of them for those efforts.”

Every Saturday during the past school year, at a coffee shop on 1-17 and 23rd Avenue in Glendale, Midwestern University students wheeled into the parking lot to meet for their weekly study break and stress-buster: a 40-50+ mile bike ride! Underway since fall quarter, the MWU Cycling Team boasts up to 25 riders on any given weekend and will soon have its own personalized cycling jersey.

The idea for an MWU Team was germinated in spring 2008, when Ross Kosinski, Ph.D., Dean of Students, and Richard Simonsen, D.D.S., Senior Consultant for Dental Education and Founding Dean of Dental Medicine, rode in the 62.5 mile Phoenix Tour de Cure fundraiser for the American Diabetes Association, along with Steven Elsbecker, MS-III. “We raised over $5,000 in that race,” recalls Dr. Kosinski (known around campus as “Dr. K”), “so we started thinking about doing an MWU Team. Now, we have both an MWU-wide team, for which I am captain, and a team for the College of Dental Medicine, captained by Dr. Simonsen.”

The MWU Team is part of the new Triathlon Club on campus and has participated in several rides this year, including the Tour de Cure. Mr. Elsbecker is the Club President, and Wade Grow, Ph.D., Professor of Anatomy, is the faculty advisor.

“All of the students at MWU have very fit minds. The Tri Club is just one outlet for us to get physically fit as well!” enthuses Mr. Elsbecker.

Contact Dr. Kosinski in the Office of Student Services at 623/572-3329 or rkosinski@midwestern.edu. To join the Tour de Cure or support the cause, go to http://tour.diabetes.org.
An interview with Evan Diamantakos, MS-IV (CCOM Class of 2010)

Mr. Diamantakos portrayed the Easter Bunny at the annual Easter Fest for three years.

What made you decide to be the Easter Bunny?
As part of work-study, I worked in Student Services. One day the Student Activities director was holding an Easter Bunny costume and I wondered what it was for and who dressed up in it. When I found out that it was for an Easter Fest and no one had signed up to dress up for it, I volunteered myself. I usually dress up as Santa Claus for my cousins during Christmas and thought that this would be something new and neat to do.

How comfortable/uncomfortable is the costume?
The costume itself is very comfortable. But, after wearing it for three hours, it’s a sauna.

Have you ever dressed up as a character/mascot before?
In addition to dressing up as Santa, I’ve dressed up as a groundhog for Groundhog Day in grammar school.

How do children usually react when they see you as the Easter Bunny?
Half are excited and their faces light up. All they want to do is hug you, and give you high-fives. The other half will wave to you from a distance, but if you dare take a step towards them, they either start crying or run behind their parents. Either way, it’s too cute!

Any funny memories/ unusual reactions you can share?
Three years ago there was a little girl who would not leave my side. She kept following me wherever I went, and sometimes I would even trip over her because she was trying to hug my leg or grab my tail.

Another year, I had to walk outside the building in order to cool off and left the Easter Bunny head in plain view of the door. Well, let’s just say that some kids saw it and freaked out.

What’s the best thing about being the Easter Bunny?
The kids have a great innocence and it’s amazing how much one minor thing can bring them such joy and happiness. As demanding as kids can be, I never feel that they are too much when they yell, “Easter Bunny, over here,” or they pull on my tail. They are kids, what else are they suppose to do?

What’s the worst thing?
There is absolutely not one thing bad about being the Easter Bunny. It’s not only a fun time for the kids, but a blessing for me to be able to bring joy in other’s lives and give back to Midwestern University.

How will you feel when you hang up your ears and can no longer be the MWU Easter Bunny?
I definitely will be sad, as sappy as that sounds, because it’s great to see kids smile and become excited when they see me.
A Zest for Lemons

Since the Glendale Campus opened in 1996, a quiet tradition has continued year after year: picking lemons in the groves across Utopia Drive. For many students, staff, faculty, and sometimes even campus visitors, it is a beloved pastime and a special part of living in Arizona.

Read on for some favorite musings on lemons, including memories, recipes, and household use tips.

Joanne Vertuno, Optician, MWU Clinic
They were the plumpest, sweetest lemons I have ever had in my life. ... I purchased a fruit picker to get the lemons closest to the top, and ended up lending it to some of my co-workers. When lemons in the store are two for a dollar, it was nice to know not only were they better, but free! It was a nice break and very relaxing to be out among the trees during lunch it made me feel refreshed to come back to work the afternoon.

Candida Orndorf, Staff Accountant, Business Services
(The late) Natalie Mummert from Financial Aid loved to have lemon water, especially in the summer. We would walk over to the groves even though it was scorching hot outside. There were times we had to be creative and toss rocks or large sticks up in the trees to knock the lemons down because we could not reach ... then carefully dodge them when they fell.

Larry Jensen, D.A., Chair, Microbiology & Immunology
I visit the grove often when the lemons are in season. It is a fun family event, and the lemonade and lemon meringue pies produced are the best in the world. Once, I was even lucky enough to find a nice piece of red Cave Creek jasper suitable for my lapidary work. My biggest problem is that I get too carried away picking lemons. Remember those old western movies when the one greedy cowboy just has to pick up one more piece of gold, only to have his horse too burdened to make a quick escape, so he gets shot by the posse? I am that guy when the fruit is in season.

Margarita Frenette, Administrative Systems Specialist, Information Technology
I grow up on a ranch called Arrowhead Ranch. My father started working there many years ago and he originally helped fertilize the citrus trees. He later became one of the cooks that fed the men who would pick the fruit off of the trees. These trees started from the lot across Utopia and went past 75th Avenue.

I know that they are special to a lot of people, but I feel like they are just a little more special to me. They remind me of my childhood home across 59th Avenue.

When Life Gives You Lemons: Recipes, Tips & Household Uses

Kay Heise, Senior, Administrative Assistant, Postdoctoral Education, AZCOM
My lemonade recipe gets rave reviews:
6 cups of water
2 cups of straight lemon juice
Mix 1 cup sugar with 1 cup of water in a small saucepan, cook on low until dissolved, cool to room temperature (simple syrup). Add syrup, lemon juice and water to a large pitcher. Stir. Add more sugar to taste (or more lemon juice!).

Vickie Soderlund, Senior Administrative Assistant, Pharmacy Practice
Favorite household uses for lemons:
• They will freshen your garbage disposal
• They will help remove age spots from your skin
• They will remove onion smells from your hands

Susan Hershberg, Senior Photographer, Media Resources
I had been telling the Illinois Media Resources staff how amazingly fresh the lemons were — you just want to inhale them because they smell so good and are so much sweeter than in Illinois stores. After a day of meetings one April in Arizona, three of us made a dash across the street into the lemon grove. Sadly enough, most of the ripe lemons were not reachable from the ground. So, despite the fact that I was wearing a skirt, I climbed up one of the trees and managed to get up far enough to reach some beautiful lemons. Assuming that my co-workers were waiting to catch the lemons, I simply started tossing them out of the tree. After tossing the first few, I heard a yell. Distracted by a bee, one of my co-workers was suddenly struck by falling fruit. That got her attention and she caught the rest of the lemons, escaping the bombardment unscathed. We left the grove laughing hysterically with a bag of lemons.

Monica Henson, Senior Administrative Assistant, Pharmaceutical Sciences
When I picked 100 lemons myself for a Going Green staff in-service in March this year, I ruined a pair of shoes by falling into unsteady soil, got a rash from the pollen, and had to fight off hornets and bees the entire time. The plan was for four of us to meet there, but it was hot that day and I got a head start. When the others arrived, we did a lemon count and found I had already picked all 100!

Layla Al-Nakkash, Ph.D., Assistant Professor, Physiology
Recipe: Moroccan Lemon, Green Olive and Potato Stew
Lightly fry a large chopped onion with one tablespoon of minced garlic in olive oil. Add 3 cups of boiled water with 3 dissolved vegetable stock cubes. Add 1 teaspoon powdered ginger & 1 teaspoon powdered cinnamon. Add juice from 2 good-sized lemons. Add 1½ half cups pimento green olives. Add a good handful of chopped fresh parsley. Simmer until potatoes are cooked. Add salt & pepper.

Christine Clouse, M.A., Director of Development
If you squeeze lemons into ice cube trays, you can add a cube to a glass of water, add a package of sugar, and make lemonade. Of course, there is always the drink of equal parts iced tea and lemonade made famous by golfer icon Arnold Palmer.
At Rest.

Midwestern University

“Rest and be thankful.”

—William Wordsworth, poet.
I think for the most part, campus housing is evolving. We are changing with the needs and expectations of students. You have to make adjustments to provide what students want," said Catherine Rent, M.A.Ed., Manager of Residence Life on the Downers Grove Campus.

"Students enjoy the convenience most of all," adds Jose Ponce, Residence Life Manager on the Glendale Campus. "It is easy for them to study, go home at lunchtime, use the library… they don’t have to worry about anything else but school."

In total about 680 students (350 AZ; 330 DG) call MWU campuses home. Students who decide to live on campus often cite the ease of being within walking distance to their classes, the library, recreational facilities, dining facilities, and the ability to meet new friends as the primary reasons to live on campus.

"I think it’s important to live on campus to build your social network," said Jerry Tuazon PS-II (CCP). "I think it’s easier to get to know people in your class if you live on campus. The RAs set things up for your floor. You’ll see notices for events like cookouts, people show up, and it’s easier to get to know people."

I think it’s a little bit more expensive for the students, but they are willing to pay more to get what they want," Ms. Rent said. "It’s a little bit more expensive for the students, but they are willing to pay more to get what they want," Ms. Rent said.

Living on the Glenade Campus

In Arizona, modern campus housing mirrors the neighborhood around MWU, featuring new buildings, continual growth, and the Arizona outdoor lifestyle. Since the Campus opened in 1996, eleven apartment buildings have sprung up, offering studio and one- or two-bedroom options. Open courtyards, patios for each apartment, and BBQs are in use year-round, as is the gated pool area. (Although heated, the pool is mostly frequented during the winter months by heartier out-of-state visitors, whose blood has not “thinned” in the Arizona climate).

For the 20 to 30 children living with their families in Glendale housing (known as Buildings A-H and J-K-L), a special kids’ playground and small rolling green hills provide a friendly welcome and places to play. Mr. Ponce knows the welcoming environment," said Samon To, D.O. (CCOM Class of 2009) who lived on campus for four years and was RA for this last two years at CCOM. "There’s everything on campus – there’s the gym, there’s the library, there’s the computer lab and there are other friends and classmates who live down the hall. And, you can always find somebody to study with," Dr. To said.

Downers Grove students have three housing options – the Traditional Residence Hall Complex, Redwood Hall, and the Pines Apartments. In the traditional halls, students can opt for a room with either a private or shared bath. According to Ms. Rent, more students are demanding private bath spaces and to meet the demand the University is turning more rooms into suites with private baths. "It’s a little bit more expensive for the students, but they are willing to pay more to get what they want," Ms. Rent said.

Living on the Downers Grove Campus

While many students prefer to live off campus, those who reside within the gates of the Downers Grove Campus cite many reasons for their decision.

"Personally, I feel like it’s a very safe and comfortable environment," said Samson To, D.O. (CCOM Class of 2009) who lived on campus for four years and was RA for this last two years at CCOM. "There’s everything on campus – there’s the gym, there’s the library, there’s the computer lab and there are other friends and classmates who live down the hall. And, you can always find somebody to study with," Dr. To said.

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"It is easy for them to study, go home at lunchtime, use the library, recreational facilities, dining facilities, and the ability to meet new friends as the primary reasons to live on campus. The RAs set things up for your floor. You’ll see notices for events like cookouts, people show up, and it’s easier to get to know people."
At Last.

Midwestern University

“The skies above are blue.”

—Etta James
Sometimes it’s just too hard to say goodbye. Several graduates of Midwestern University decide to lend their talent and expertise to their alma mater by becoming faculty or staff members. In fact, nearly 60 former students now work for the University. These alumni have a unique perspective on the University as they continue to be part of the Midwestern University family and devote their professional lives to guiding the development of tomorrow’s healthcare team.

Here’s a snapshot of a few of the alumni who now work for MWU:

**Lauren Carlson**

**Title:** M.S. Research Technician, Biomedical Sciences – Downers Grove

**Degree:** B.S. Eckerd College, St. Petersburg, FL 2004, M.S. MWU in 2006

What made you decide to study biomedical science?

I majored in Biology and I wanted to further my career in research. I am currently working in Dr. Michael Fay’s lab researching the expression of CUL5, a possible tumor suppressor gene, in breast cancer and in leukemia cell lines.

How has the University changed since you were a student?

Well, McNutt is definitely not here anymore! Redwood Hall has gotten a lot friendlier for faculty, staff, and students.

Tell me about the most fun you’ve had on the job or as a student.

In the lab! Experiments are always fun because you can get your hands dirty.

What made you decide to work at MWU?

I really liked the atmosphere and I was already home. As a staff member, I like the joy of watching our students come through the lab and reaching their dreams!

What are your current responsibilities at MWU?

I am a research technician in Pharmacology and I oversee the lab and the many students who complete their master degrees and fellowships. I also run experiments for Dr. Fat’s grant.

**Alan Schalscha**

**Title:** M.S., D.O., Clinical Assistant Professor, Family Medicine – Glendale Campus

**Degree:** Bachelor of Arts, Anthropology & Biology, University of Texas 1992, 1995; Master of Science, Physiology, University of North Texas Health Science Center, 1999; Doctor of Osteopathic Medicine, MWU-AZCOM, 2003

Why did you decide to enroll at MWU?

When I interviewed at AZCOM with Dr. Ross Kozinski and Dr. Paul Seiling, they were so open, friendly, and relaxed. Combined with the 100% board pass rate for AZCOM students, and all the internship opportunities available in Arizona, it felt right to me.

How has MWU changed since you were a student?

The buildings seem to multiply at night! It is much more of a university campus now than a college. Actually, the aesthetics have changed, but not too much else has academically. MWU has always had a strong academic focus, and the clinical medicine side has really grown strong as well.

What do you like to do in your spare time?

I run, bike, swim, cook. I also spend lots of time volunteering with the HOME Project (Health Outreach through Medicine and Education), the DOCARE medical mission to Guatemala, and the Humanity Eye & Tuiscue Bank.

**Kevin Loheny**

**Title:** M.P.A.S., PA-C, Program Director, Physician Assistant Studies – Glendale Campus

**Degree:** Bachelor of Medical Science (B.M.S.), Physician Assistant Studies, MWU 1996, Master of Physician Assistant Studies (M.P.A.S.), University of Nebraska Medical Center

What made you decide to study as a PA?

While serving as a flight corpsman in the United States Navy, I had the privilege of working with one of the first graduates from the PA Program at Duke University, which is the birthplace of the PA profession. I thought the profession’s future was bright, and it was a great opportunity to participate in the team approach to healthcare.

How has MWU changed since you were a student?

Midwestern University has grown significantly in both size and reputation. At the time I graduated in 1996, the Arizona campus had not been completed and the Illinois campus was still fairly small, but now both sites have transitioned into beautiful, state-of-the-art campuses where students can enjoy their studies. In addition, in 1996, the public never understood where Midwestern University was located, but now the reputation of our graduates has helped place us on the map. More people are familiar with our programs and the institution’s fine reputation.

Tell me about the most fun you’ve had on the job or as a student.

The area I enjoyed the most in clinical practice was caring for patients in medically underserved areas. I participated in four medical mission trips to Tegucigalpa, Honduras, and also had the opportunity to serve with the Rainbow Clinic at Hesed House in Aurora, IL, which serves the local homeless population. Both experiences rank as my all-time favorite in terms of having the opportunity to make a difference in a community.

If you weren’t a PA, what would you be?

A pilot! I flew as a crew chief in HH-60 and CH-46 helicopters during my time in the Navy and I loved having the opportunity to take the controls of the helicopter.

**Susan Cornell**

**Title:** Pharm.D., CDE, FAPhA, FAADE, Assistant Director of Experiential Education, Chicago College of Pharmacy

**Degree:** B.Pharm University of Illinois (1986)

What did you decide to enroll at MWU?

Having precepted MWU students for several years, I was very impressed with their professional demeanor, communication skills, knowledge base, and overall dedication to the profession of pharmacy. So, when the opportunity arose for me to pursue the post-graduate Pharm.D. degree, I chose Midwestern due to its moral standards and ethics for teaching and education.

How has the University changed since you were a student?

MWU has grown, not only in the number of students in classes or the new buildings, but in the overall compassion and dedication to students, alumni, and employees. I have enjoyed watching the student associations and organizations expand and develop, especially the community service projects.

What do you like to do in your spare time?

I love to read books (non-medical though). I also love to travel and spend time with my husband and 10 lb rabbit.

What has surprised/delighted you most about being a faculty member?

I am most delighted in watching the students develop and transition through their years at MWU into outstanding professionals in practice. I have had faculty from other universities, pharmacists, and other healthcare professionals say to me, “Midwestern has some fantastic students. They are very professional and accomplished.” The most surprising to me is having a student actually say (out loud) they want to emulate me. Although I always wonder why; I can say it is rewarding.

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Be True to Your School
Glendale Graduations Come Home to Campus

For the first time in Glendale, commencement ceremonies were held in the new state-of-the-art Auditorium on campus. 546 new healthcare professionals graduated in June and August from three colleges: the Arizona College of Osteopathic Medicine (153 students), the College of Health Sciences (259 students) and the College of Pharmacy-Glendale (134 students).

Graduates lined up in the new Recreation and Wellness Hall, then processed across campus into the Auditorium, led by the celebratory tones of a local band, Ono Grindz, featuring lead singer Karla Schutz, D.O., Class of 2009 Valedictorian and Isaac Newton were pharmacists before becoming famous. She summed up the entire graduation week with this final comment: “Our profession is vast... We all have our place in this profession. I challenge you to find, and then live, your passion.”

Most recently, the Glendale Campus celebrated another graduation on August 28th, as 123 graduates of the Physician Assistant, Occupational Therapy, Clinical Psychology, and Nurse Anesthesia programs received their degrees.

Glendale Campus Welcomes Alums to First Homecoming

With almost 10 years gone by since the first class graduated from the Glendale Campus, the MWU Glendale Alumni Leadership Council decided it was time for a reunion. Thus, was born the first annual MWU Homecoming, held on campus Saturday, March 28.

The beautiful Arizona afternoon featured a barbecue on the lawn, children’s entertainment and games, tours of campus, and a live band. Ono Grindz, featuring lead singer Karla Lodge, PA Class of 2008. Numerous student groups helped with the children’s activities, greeted guests, and provided information about their programs and clubs.

Kathleen Goepzinger, Ph.D., MWU President and Chief Executive Officer, welcomed the alumni in the new Auditorium and shared an update on the many new programs and buildings on campus. Alan Schulte, D.O., Clinical Assistant Professor, Family Medicine, and Roux Kesinksi, Ph.D., Dean of Student Services and Professor of Anatomy, presented information about several MWU community outreach and volunteer opportunities in which alumni are invited to participate. Each College also hosted a separate program for their respective alumni.

For an alternative perspective on Homecoming, visit the MWU blog archives at http://www.midwestern.edu/Blog_Index_Page.html
Alaska
Hawaii
Texas
New Mexico
Arizona
Montana
Wyoming
Colorado
Utah
Nevada
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Oregon
Nebraska
Kansas
South Dakota
North Dakota
Iowa
Missouri
California
Oklahoma
Washington
Minnesota
Wisconsin
Illinois
Ohio
Michigan
Indiana
Louisiana
Arkansas
Tennessee
Kentucky
Florida
Georgia
Alabama
Mississippi
South Carolina
North Carolina
Virginia
West Virginia
Maryland
Delaware
Pennsylvania
New York
New Jersey
Maine
Vermont
New Hampshire
Massachusetts
Rhode Island
Connecticut
D.C.

An Alum in Every State

The more than 10,000 living alumni of Midwestern University reside in every state of the nation with several more living in foreign countries or on military bases. Alums who graduated before April 2008 from either campus are indicated on the map.

Downers Grove Graduates
Recognized for Achievements

Several graduations occur throughout the year on the Downers Grove Campus and Midwestern University takes a unique approach to this important ceremony.

At ceremonies held this spring, Kathleen H. Goeppinger, Ph.D., President and CEO of the University, explained the philosophy at the core of all MWU graduations. “I was reminded this morning about the true meaning of graduation. Midwestern University a number of years ago changed the philosophy of graduation from being about outside speakers and long speeches to a total focus on the graduate,” she said. “Today, the entire ceremony is about the graduates.”

In a morning ceremony on May 22nd, the University celebrated the graduation of students earning a Doctor of Osteopathic Medicine degree from the Chicago College of Osteopathic Medicine (CCOM). Thomas Frye, CCOM Class of 2009 valedictorian, addressed his fellow classmates and their families and friends. He recalled their first moments as new osteopathic medical students. “It was almost four years ago that we assembled in this auditorium for orientation. Everyone was anxious and nervous about what to expect for the next four years. People came from all over the United States, had different undergraduate majors, some had already had different careers, but we had one unifying characteristic – we were about to start medical school,” he said.

Among the 168 graduates from CCOM, 49 percent will enter primary care residencies while the rest of the class secured residencies in various specialties. More than half the class will stay in Illinois for their residency programs, with the rest traveling to Michigan, Ohio, Wisconsin, and other Eastern States for their postgraduate training.

A separate afternoon ceremony for the College of Health Sciences marked the graduation of 115 students with the following degrees: Doctor of Physical Therapy, Master of Occupational Therapy, Master of Science in Biomedical Sciences, and Master of Arts in Clinical Psychology.

Sarah Jacobson, President of the Physical Therapy Class, shared her thoughts about Midwestern University with those in attendance. “Thank you to everyone who has aided us and mentored us through our time at Midwestern University,” Dr. Jacobson said. “Each one of us will be working with people who are struggling whether it is physically or mentally. It is our job to help them to heal.”

The graduation ceremonies also marked the beginning of the Memorial Day weekend and Dr. Goeppinger recognized all the graduates, faculty, and audience members who have served in the U.S. military and thanked them for their service. “Many of our students go into the service and we are proud of all of them. Also, many of our faculty members continue to serve in the Reserves. We owe all who serve a debt of gratitude for the protection and freedoms they have ensured for all of us,” she said. In a separate ceremony held the same day, seven CCOM graduates were commissioned into three different branches of the military – the Air Force, the Army, and the Navy.

This fall, a total of 142 students graduated from the University on September 4th with the following degrees: Doctor of Pharmacy, Doctor of Psychology, and Master of Medical Science in Physician Assistant Studies. Student speakers joined Dr. Goeppinger in addressing the graduates, their families, and their friends.
Chicago College of Osteopathic Medicine students relax in the Iota Tau Sigma house – the first fraternity on campus when it was chartered in 1911. The fraternity’s objectives were listed as the development and advancement of the science of osteopathy, the cultivation of leadership qualities, and the advancement of its members in all things pertaining to their social and professional welfare.

In 1995, the Glendale, Arizona campus was founded on 122 acres in northern Glendale, surrounded by lemon groves and desert fields. The first academic building, Sahuaro Hall, housed the library, lecture halls, microbiology labs, and the anatomy lab, and welcomed 96 students in the fall of 1996 to the inaugural class of the Arizona College of Osteopathic Medicine.

Today, the Glendale Campus is a lush 144-acre oasis, showcasing more than two dozen buildings and state-of-the-art labs, a tranquil reflecting pond, a busy wellness and recreation center, a covered parking garage, and the Midwestern University Clinic. The local neighborhood has grown up too: a new freeway, new apartments, and several new shopping malls have sprung up as the University has grown to offer 16 different programs for more than 2,000 students.

Today, fitness is an important part of campus life. The annual “Groovin’ in the Grove” 5K Run and Fun Walk, coordinated by the Sports Medicine Club of Midwestern University, attracted more than 350 runners ranging in age from 5- to 85-years old. This year marked the 20th anniversary of the race, which is designed for people of all ages, abilities, and fitness levels.
In Memoriam

Albert F. Kelso, Ph.D. (1917 – 2009) passed away on January 29th, 2009. After receiving his Ph.D. degree from Loyola University in Chicago, he taught at Midwestern University’s Chicago College of Osteopathic Medicine (CCOM) for 51 years. In addition to his teaching responsibilities, Dr. Kelso was Chairman of the Departments of Physiology and Pharmacology. His extensive work in the arena of research included the advancement of the clinical uses of thermography. Additionally, Dr. Kelso developed laboratory facilities at CCOM, participated in many research projects, administered research funds, and served as chairperson of the first research publications committee. Most importantly, he encouraged students and faculty to develop research as part of their careers.

In 1984, Dr. Kelso was the first recipient of the Gutensohn-Denslow Award by the American Osteopathic Association for his outstanding contribution to osteopathic medicine and research. He also received the CCOM Alumni Board of Governors Outstanding Achievement Award in 1988. The award was presented to Dr. Kelso in recognition of distinguished and devoted service to the osteopathic profession and for having brought credit to CCOM.

Midwestern University Annual Fund

Make a Donation

As alumni and friends of the colleges of Midwestern University, you are a valued part of our healthcare community. With your support, we can continue to recruit quality students, retain and attract exceptional faculty, and prepare tomorrow’s healthcare team.

Please carefully consider making a gift to the Midwestern Annual Fund and help us continue the tradition and promise that makes the MWU experience so special. Any gift you make will impact at every level of the University.

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Educating Tomorrow’s Healthcare Team