2009 STUDENT OSTEOPATHIC MEDICAL ASSOCIATION FALL CONVENTION

NEW ORLEANS, LA
OCTOBER 30-31ST, 2009
# Table of Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acknowledgements</td>
<td>2</td>
</tr>
<tr>
<td>President’s Welcome</td>
<td>3</td>
</tr>
<tr>
<td>Convention Coordinator’s Welcome</td>
<td>5</td>
</tr>
<tr>
<td>Agenda and Event Descriptions</td>
<td>6</td>
</tr>
<tr>
<td>Board of Trustee Reports</td>
<td>13</td>
</tr>
<tr>
<td>National Board Reports</td>
<td>21</td>
</tr>
<tr>
<td>Region I Chapter Reports</td>
<td>41</td>
</tr>
<tr>
<td>Region II Chapter Reports</td>
<td>51</td>
</tr>
<tr>
<td>Region III Chapter Reports</td>
<td>59</td>
</tr>
<tr>
<td>Region IV Chapter Reports</td>
<td>69</td>
</tr>
<tr>
<td>Board of Trustees 2010-2011 Candidates</td>
<td>78</td>
</tr>
<tr>
<td>Humanism in Medicine Winner and Essay</td>
<td>103</td>
</tr>
<tr>
<td>New Member Scholarship Winners</td>
<td>104</td>
</tr>
<tr>
<td>Robert’s Rules of Order</td>
<td>106</td>
</tr>
<tr>
<td>Resolutions</td>
<td>107</td>
</tr>
<tr>
<td>New Orleans Attractions</td>
<td>113</td>
</tr>
</tbody>
</table>

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**Student Osteopathic Medical Association**

The purpose of the Student Osteopathic Medical Association, the student affiliate organization of the American Osteopathic Association, is to promote osteopathic ideals and unity within the profession, to educate future osteopathic physicians, and to establish and to maintain lines of communication among healthcare professionals in an ongoing effort to improve the quality of healthcare.
SOMA FALL CONVENTION
New Orleans, LA

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FOUNDATION RECEPTION
Decorations donated by the AAOA

SCHOLARSHIPS
New Member Scholarship
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Humanism in Medicine
Sponsor: Thieme Medical Publishers
Welcome to New Orleans, SOMA!

Dear SOMA Chapters,

Welcome back to many familiar faces and congratulations to those of you here for the first time! This convention promises to be more interactive than ever before. This year’s board has worked extremely hard to construct a new “work-shop” based convention that will engage students in such topics as healthcare policy, OMM, public health, clinical procedures, professional etiquette, and more! Many of the ideas were suggestions of current National SOMA board members and chapter leaders. We are thrilled to be offering our first ever National Residency Networking event. We’ve worked hard to bring Residency programs to you all to get a taste for what their programs are really like. In addition, we will also host our popular Foundation Reception and Exhibitor Fair, while celebrating the rich tradition of New Orleans!

This summer/fall has been a very busy one for National SOMA. On July 1st, we expanded our part-time employees from 1 to 3 people. The positions now include our Executive Director, Executive Administrator, and a Marketing/Sponsorships coordinator. SOMA maintains its independence as a student organization under the guidance of our administrator, Elizabeth Hodor, but gains the expertise of Kristine O’Sullivan.
SOMA is close to completion of our Clinical Clerkship Database that will allow members to share rotation site information from all across the country so interested students can seek out great rotations anywhere in the U.S. SOMA also launched a National SOMA Facebook Group to reach out to students on the web. We finished remodeling our Foundation webpage (www.somafoundation.org) which now allows for online donations, has a list of Foundation members, and an up-to-date list of all of our scholarship descriptions and applications. We started the first online membership drive this year as well as member accounts on our website at studentdo.com. We are also expanding our P.R. efforts by creating a YouTube page. Margaret Hallahan will be recruiting students to film short video clips about their SOMA experiences to post on our page. Please volunteer to share why you are proud to be a student D.O.!

One of my goals has been to increase the visibility of SOMA nationally by increasing our presence online, sharing our stories with The D.O. Magazine and the AOA Daily Report, as well as cultivating relationships with other student health organizations. I have already collaborated with UAAO, COSGP, AMSA, the Council of Interns & Residents, the Institute for Healthcare Improvement, the Stanford LGBT Med Ed Assessment Survey, and the AMA-MSS. UAAO will be helping with our OMM workshop, COSGP will be helping with our Preventive Med workshop, and CIR has helped with our Residency event! It has been a great experience to work with these other motivated student doctors and young physicians and we will continue to expand our collaborative efforts throughout the year.

I am honored to kick off the festivities here in New Orleans and invite you all to aspire to new heights in New Orleans!

Warm regards,

A.J. Stefani, OMS IV
Des Moines University College of Osteopathic Medicine
SOMA National President
Dear SOMA Leaders,

Welcome to New Orleans, and welcome to the 2009 Student Osteopathic Medical Association Fall Convention!!!

The Board of Trustees and National Board have been hard at work to put together an amazing Fall Convention for you. As your Convention Coordinator, I have provided you with this booklet to guide you through the weekend. If this is your first SOMA Convention, then Welcome! Please come to me with any questions you may have while you’re here, and do not forget to make the most out of your time while in New Orleans.

On the next page, you will find the Convention Agenda outlining your next few days. This year’s Fall Convention is more interactive than ever, so please check out our new workshops that we have created for you. Other events to highlight are the Foundation Reception’s “Masquerade Ball”, as well as our First Annual Residency Networking Event. You can find more information about these events on the next page. Following the agenda, you can read reports from the current Board of Trustees and National Board, which will give you an idea of what SOMA has done so far this year, our future plans, and what position you may want to run for next year. Next, you will find the Region Trustee and Chapter reports, emphasizing the accomplishments and plans of each chapter. As SOMA leaders, you should read each chapter’s report, ask questions, and bring back some great ideas to your school! The next section includes Letters of Intent and Curriculum Vitae's from the 2010-2011 Board Of Trustees Applicants. Delegates, please take special note of these pages, as you take part in the voting. The final section of our booklet contains Resolutions written by SOMA members, which will be voted on during the House of Delegates.

We are very lucky to be in New Orleans over Halloween! I have planned amazing social events each evening, which will help you unwind after a long day of meetings. Please look for the handouts explaining our nightly events, and listen up for my announcements during the HOD. At the end of the booklet, I have included just a brief sample of the AMAZING things to do while in New Orleans. Take an old friend (and maybe a few new ones) to take a “Ghost Tour”, grab a drink on Bourbon Street, or try some World-Famous jambalaya!

Please take advantage of all the opportunities SOMA has prepared for you, and try to meet a new person on every break. I hope you have a fabulous week in New Orleans, and a fulfilling Convention experience! If you have any questions or concerns, don’t hesitate to call me (219) 730-0889.

I look forward to seeing you all in your costumes!

Lauren Brankle, OMS III
Chicago College of Osteopathic Medicine
National SOMA Convention Coordinator
convention@studentdo.com
# Fall Preventive Medicine Convention Agenda

## Thursday October 29, 2009

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>3:00 PM – 6:00 PM</td>
<td>BOT Meeting</td>
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<tr>
<td>6:00 PM – 11:00 PM</td>
<td>National Board Meeting</td>
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## Friday October 30, 2009

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:15 AM – 8:15 AM</td>
<td>Convention Registration</td>
</tr>
<tr>
<td>9:00 AM – 12:00 PM</td>
<td>House of Delegates</td>
</tr>
<tr>
<td>8:15 - 8:30</td>
<td>Call to order, Welcome, Osteopathic Pledge, Delegate Roll Call</td>
</tr>
<tr>
<td>8:30 - 8:35</td>
<td>Preventative Medicine Update</td>
</tr>
<tr>
<td>8:35 - 8:50</td>
<td>National Board Updates</td>
</tr>
<tr>
<td>8:50 - 9:40</td>
<td>Resolutions</td>
</tr>
<tr>
<td>9:40 - 9:50</td>
<td>Break</td>
</tr>
<tr>
<td>9:50 - 10:40</td>
<td>Resolutions</td>
</tr>
<tr>
<td>10:40 - 11:30</td>
<td>National BOT Candidate Speeches</td>
</tr>
<tr>
<td>11:30 - 11:45</td>
<td>SOMA Insurance Update – Ed Sterczek</td>
</tr>
<tr>
<td>11:45 - 12:00</td>
<td>Regional Meetings</td>
</tr>
<tr>
<td>12:00 PM – 1:00 PM</td>
<td>Lunch (lunch cards for paid attendees)</td>
</tr>
</tbody>
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## Bayou Jean LaFitte Ballroom, Sec 4

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>1:00 PM – 2:00 PM</td>
<td>Graduate Leverage* How to Manage Medical School Loans With Dan Thiebault</td>
</tr>
<tr>
<td>2:00 PM – 3:00 PM</td>
<td>Preventive Health Workshop* With Michael Cullura</td>
</tr>
<tr>
<td>3:00 PM – 4:00 PM</td>
<td>Going Green Campaign* With Lauren Brankle</td>
</tr>
</tbody>
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## Elmwood Room 1 & 2

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>1:00 PM – 2:00 PM</td>
<td>Blood Drive</td>
</tr>
<tr>
<td>2:00 PM – 3:00 PM</td>
<td>Blood Drive</td>
</tr>
<tr>
<td>3:00 PM – 4:00 PM</td>
<td>Blood Drive</td>
</tr>
</tbody>
</table>

## Bayou Jean LaFitte Ballroom

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30 PM – 9:00 PM</td>
<td>Mixer with Exhibitors*</td>
</tr>
<tr>
<td>10:00 PM - ??</td>
<td>Night out on the town with Lauren</td>
</tr>
</tbody>
</table>

*Dress code for all House of Delegates meetings is business casual. Club rules will dictate evening dress and will be announced by Lauren. Foundation Reception dress theme is Masquerade Ball!*

*Refer to Event Descriptions for further information*
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:45 AM – 1:00 PM</td>
<td>House of Delegates&lt;br&gt;7:45 Delegate Roll Call (All delegates must be present!)&lt;br&gt;8:00 Greetings from AOA Leadership: President Dr. Wickless D.O., President-Elect Dr. Nichols D.O., and Executive Director John Crosby.&lt;br&gt;AOA Bureau of Osteopathic History and Identity Award Presentation.&lt;br&gt;8:15 - 9:00 Keynote Speaker: Barbara Ross-Lee D.O.<em>&lt;br&gt;9:00-9:30 Elections (President, Vice President, Treasurer, Foundation Chairperson, Foundation Director, Membership Coordinator, and Region Trustees I-IV)&lt;br&gt;9:30-9:45 COSGP – Sonbol Shahid-Salles&lt;br&gt;9:45 – 10:00 Break&lt;br&gt;10:00-10:30 IHI Open School for Health Professions – Jay Bhatt&lt;br&gt;10:30-11:30 Resolutions&lt;br&gt;Organization Updates National Board Updates&lt;br&gt;11:30 - 12:00 AOA Department of Government Relations</em> – Shawn Martin and Leann Fox&lt;br&gt;12:00 - 12:30 Division of Student, Intern, Resident and Member Affairs*: Dr. Walker D.O. and Kristine O’Sullivan</td>
<td>Bayou Jean LaFitte Ballroom</td>
</tr>
<tr>
<td>1:00 PM – 2:00PM</td>
<td>Lunch Break</td>
<td>Harry Tompson Center</td>
</tr>
<tr>
<td>2:00 PM – 3:00PM</td>
<td>OMT Workshop*&lt;br&gt;Presenter Martin Levine, D.O.&lt;br&gt;With Kerri Kulovitz&lt;br&gt;Being held in Sec 1,2,3</td>
<td>Bayou Jean LaFitte Ballroom</td>
</tr>
<tr>
<td>3:00 PM – 4:00PM</td>
<td>Council of Interns and Residents Panel&lt;br&gt;With Sabeena Rahman&lt;br&gt;Being held in Sec 4</td>
<td>Bayou Jean LaFitte Ballroom</td>
</tr>
<tr>
<td>7:00 PM – 10:00 PM</td>
<td>Foundation Reception*&lt;br&gt;Theme: Masquerade Ball&lt;br&gt;Keynote Speaker: Dr. Daniel Deavers Ph.D. – Northup Teacher of the year&lt;br&gt;Scholarships to be awarded at 8 pm&lt;br&gt;All paid convention attendees invited</td>
<td>Bayou Jean LaFitte Ballroom</td>
</tr>
<tr>
<td>9:00 PM - ??</td>
<td>Night out on the town with Lauren</td>
<td>Bayou Jean LaFitte Ballroom</td>
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</tbody>
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Sunday November 1, 2009

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>1:00 PM – 5:00 PM</td>
<td>SOMA Research Poster Presentation* In Exhibit Hall</td>
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<tr>
<td>2:00 PM – 5:00 PM</td>
<td>SOMA Residency Networking Event* In Hall B</td>
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</tbody>
</table>

Monday November 2, 2009

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
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<tbody>
<tr>
<td>8:00 AM</td>
<td>Opening Session of The 114th Annual Osteopathic Medical Conference &amp; Exposition Refer to AOA Convention Materials for detailed information</td>
</tr>
</tbody>
</table>

* Refer to Event Descriptions for further information

SOMA Fall Convention Event Descriptions

*Graduate Leverage*
Graduate Leverage is one of the top student lending organizations in the country, having assisted more than 65,000 students and originated over $3.3 billion in loans. Graduate Leverage continues to help students by providing a comprehensive suite of loan products, debt advisory services, and analytical tools; each designed to minimize the cost of education related debt.

*Preventive Health Workshop*
At the Preventive Health Workshop, students will have the opportunity to hear about the public health efforts SOMA is making on the national level and also ways students are getting involved in their communities across the country. During the workshop, students will have the opportunity to discuss and be recognized for the public health activities going on at their school and also ask questions on other ways they can get involved in their community. This will be an interactive session designed to stimulate conversation amongst students in order to create and encourage new effective public health programs at osteopathic schools across the country.

* Going Green Campaign
Underscoring National SOMA’s commitment to a greener organization, we present our “Green Campus and Community Initiative.” This workshop will focus on ways of creating a more environmentally conscious campus and community. We will focus on the establishment of a Green Committee at each chapter, and discuss organizing such projects as permanent recycling, park cleanups, and campus beautification. Come to this interactive session, brainstorm new Green Initiatives, and learn how to increase campus involvement while reducing your carbon footprint.

*Mixer with Exhibitors*
Where can you enjoy free drinks, make connections and gather enough highlighters to last you ‘till graduation? At the SOMA mixer, of course! It’s a great opportunity to see what SOMA has to offer you through its partnership with different companies and organizations. Not only is the mixer a time to get lots of free stuff and meet other students, but there will also be great food and a raffle with prizes for you and your schools! Each chapter will buy raffle tickets, the prizes from which you can give away at your school throughout the year. You are welcome to purchase tickets for yourself also and try your luck in the SOMA raffle! So grab your free drinks and join the best pre-party in town! After the mixer, join Lauren Brankle who has an evening of fun planned for all of us in the great city of New Orleans. We’ll see you there!
*Keynote Speaker: Barbara Ross-Lee, D.O.*
This year we are privileged to have Dr. Barbara Ross-Lee as our keynote speaker. Dr. Ross-Lee grew up in Detroit, MI and graduated with her B.S. in biology and chemistry from Wayne State University. After teaching in the National Teaching Corps, Dr. Ross-Lee obtained her D.O. degree from Michigan State University College of Osteopathic Medicine in 1973. She then ran a family practice in Detroit until 1984 when she joined the U.S. Department of Health and Human Services as a consultant on education in the health professions. In 1991 Dr. Ross-Lee became the first osteopathic physician to participate in the Robert Wood Johnson Health Policy Fellowship. Then in 1993, Dr. Ross-Lee became the first African American female dean of an American medical school when she took the job at Ohio University College of Osteopathic Medicine. She remained the dean at OU-COM until 2001 and since then has been the Vice President of Health Sciences and Medical Affairs at NYCOM. Dr. Ross-Lee’s accolades include the “Magnificent 7” Award, the Women’s Health Award, the Distinguished Public Service Award, the National Black Nurses Association (NBNA) Trailblazer Award, the Patenge Medal of Public Service, and an honorary Doctorate of Science degree from NYIT. It is an honor for SOMA to have Dr. Barbara Ross-Lee as our fall 2009 keynote speaker.

*Preventive Health Project*
At this year’s fall convention in New Orleans, LA, the students from the Student Osteopathic Medical Association (SOMA) and the Council of Osteopathic Student Government Presidents (COSGP) will be working together at a health fair being held by the National Osteopathic Medical Association (NOMA) on Saturday, October 31st from 12:30PM - 3PM at The Harry Thompson Center. At the health fair, the students will assist by giving blood pressure checks, asthma screening, diabetes screenings, well child physicals, and many other activities. SOMA will also be collecting supplies for daily living (toothpaste, soap, shampoo, conditioner, etc.) at the convention to donate to the residents of New Orleans.

*AOA’s Department of Government Relations*
The AOA’s Department of Government Relations (DGR) lobbies the Federal Administration, Congress and the Federal Agencies to improve patient access to quality health care. DGR staff prepares recommendations based on policies set by the AOA House of Delegates, the current political landscape, and the AOA’s mission. The Department also plans and organizes the AOA’s annual “D.O. Day on the Hill” in Washington D.C. and the Osteopathic Political Action Committee (OPAC). Check out [http://www.osteopathicpac.org/](http://www.osteopathicpac.org/) to find out how you can make a difference as an osteopathic medical student!

*AOA’s Division of Student, Intern, Resident and Member Affairs (SIRMA)*
SIRMA is the primary contact at the AOA for students, interns and residents. Keeping abreast of student, intern and resident interests and concerns, advocating for their needs and staying accessible and available during the early years of the osteopathic career are the key components of SIRMA service. The Division of Student, Intern, Resident and Member Affairs has been created within the Department of Membership to provide staff support to the student and postdoctoral committees and their subcommittees.

*OMT Workshop*
OMT in Sports Medicine
This workshop will be one that you won't want to miss! The OMT Workshop will be at 2:00 to 3:00 on Saturday, October 31st. Dr. Levine will be our guest speaker, and will be teaching an interactive lecture/lab workshop on OMT in Sports Medicine. He will also be focusing on the prevention of sports injuries as well. Dr Levine has been in practice for more than 27 years. He provides Family Care and Osteopathic Medical Care at two offices in New Jersey. He holds clinical professor positions with four osteopathic medical schools and two allopathic medical schools. He is also a regional assistant Dean for A.T.Still University in Missouri. He has been a team physician for the US Olympic Committee, the Boston Marathon and professional sports teams. In addition he has completed a Health Policy Fellowship, worked with the governor's office in New Jersey, is a member of the AOA Board of Trustees, is an associate dean at TOUROCOM and a volunteer for the OMM department. We look forward to you coming! Stay tuned for more details during the convention...and if you have any questions, please don't hesitate to ask Kerri Kulovitz, OP&P Coordinator.
**Political Debate**
Please attend SOMA's Political Affairs workshop during your stay in New Orleans. We will be discussing many points of the health care reform legislation in a student forum. Two panels of students will present their views on the pros and cons of the legislation in a debate style format, complete with a moderator and chances for rebuttal on both sides. We encourage anyone with an interest in the reform efforts in Congress to attend, ask questions of the panels, and take part in the debate. We look forward to seeing you there!

**Developing and Executing a Research Project**
Research presents numerous challenges, especially for student investigators. The integration of the principles of project management into research planning can lead to more efficient study execution and higher quality results. In order to successfully complete a research project, its scope must be clearly defined - The research question and specific aims should guide the study (i.e. methodology). The clinical setting is the most likely source to find important research questions. The research idea should be realistic and relevant to the interests of the student investigator. Allowing adequate time to consider and seek input on a project is critical for the student investigators success. The identification of a mentor and collaborators that can work together to ensure successful completion of the research should be at the forefront of developing a research plan. The development of a timetable and division of tasks can help streamline the execution of a plan. Financial support and institutional (e.g. IRB or Animal Use) approval must be factored into the timetable.

**Fetal Heart Rate Monitoring and Tocometers**
Interested in Obstetrics and Gynecology? Want to stand out during your clinical rotation? Curious about the intricacies of labor and childbirth? So, come to this educational workshop to learn specifics about reading and understanding fetal heart tone monitors and tocometers. With several guest speakers and educators assisting, we will go through the basics of these monitoring devises, the physiology behind their mechanisms, and then into some of the more complex and potentially serious scenarios. We are pleased to expect the assistance of experts in the field, including Dr. Teresa Hubka, D.O., Program Director of Midwestern University’s OB/GYN residency program, and Dr. Robert Debbs, D.O., president of ACOOG and Maternal Fetal Medicine specialist. We also expect the assistance of OB/GYN residents throughout the country. Please direct any questions to Courtney Steller, SOMA Foundation Director. Thank you!

**Foundation Reception**
Join us Saturday night to honor Dr. Daniel Deavers Ph.D., our Northup Teacher of the Year. There will be hors d'oeuvres as well as wine and beer served. The theme this year is Masquerade Ball. Please come dressed for the occasion and ready for a fun Halloween evening!

**SOMA Research Poster Presentation**
The Research Poster Presentation is part of the AOA research project, which recognizes student contributions to research and development. Come and see what your fellow medical students from all over the nation have been working on in their Poster Presentation! It is intended to expose students to the research environment and emphasize the significance of research in biomedical, clinical, and osteopathic sciences, which is critical for the advancement of our profession. At National SOMA, a daughter organization of the AOA, we support and encourage the agenda of increasing research among the members of our profession, including students. The symposium can provide an environment where ideas and discussions between researchers, students, and physicians can be born and developed. This is a vital step in the progression of osteopathic medical knowledge and growth in the community. We invite *all students* to attend and support their colleagues participating in the Research Symposium!

**SOMA Residency Networking Event**
Please join us for our first annual Residency Networking Event! There will be several Osteopathic Residency Programs from multiple specialties to answer your questions. Get a head start on looking for a program that is right for you! This is an excellent chance to see what opportunities are available to you after you finish medical school. Please direct any questions to Meghan Cox, Vice-President/Speaker of the House.
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To The Fall 2009 Convention in New Orleans

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Supporter of the 2009 Fall Convention
BOARD OF TRUSTEES
REPORTS
Welcome SOMA members to New Orleans!

Thank you for joining us at our Fall Convention! SOMA has had an amazingly productive year so far! We are extremely proud of our new Foundation website, soon to be released Clinical Clerkship Database, and our first ever Residency Networking Event! The National Board worked hard during our summer meeting in July to identify and outline National SOMA’s goals and objectives for the year. Thank you to those chapter leaders that joined us! We are very happy that you were able to attend and hope you enjoyed your time. It was great getting to know everyone a little better.

I have been working hard since the July meeting to organize the agenda for our National Fall Convention and the Residency Networking Event. I have worked closely with the rest of the national board, especially our convention coordinator, Lauren Brankle, our administrator Elizabeth Hodor, and our new executive director Kristine O’Sullivan. I have changed the organization of the convention to make it more interactive. I especially encourage you to participate in the afternoon workshops and give me any feedback that you have!

I hope each and every one of you enjoys the convention and your time in New Orleans! As always, I am available for any questions or concerns you have about the convention or SOMA in general. Please let me know if you have any suggestions to help make our next convention in Washington D.C. better than ever!

Thank you all for your hard work,

Meghan

Meghan Cox, OMS IV
Chicago College of Osteopathic Medicine
National SOMA Vice-President & Speaker of the House
vp@studentdo.com
With excitement and enthusiasm, I want to welcome all SOMA members to this year’s Fall Convention! This school year has just begun, but you have hopefully has enough time to settle into your academic or clinical grooves and become involved with your local SOMA chapter. It’s a great time to be a SOMA member! There are so many amazing things offered this year for all members, including benefits, scholarships, workshops at convention, the clinical clerkship database, and our first annual residency fair. This is just the beginning, so I encourage you to take advantage of all the programs and opportunities we are extending to members.

As for me, I am humbled and honored to serve as the treasurer of National SOMA and the SOMA Foundation. I have worked diligently over the past few months to be sure the finances are in check and we are not spending beyond our limits. This fall, we plan on completing an audit of our organization with a consultant to advise us on better financial practices. The organization continues to be open to suggestions on how we can better serve the members, work more efficiently, and maintain legal procedures that are compliant with IRS regulations. Currently, I work with all members of the National Board, the Board of Trustees, and our employees. We have open communication and disclosure between parties that enable us all to work remarkably well together. Technology plays a key role in this, notably our email system and document sharing capabilities.

In the coming months, I am going to be developing the budget for the coming fiscal year for the Association and the Foundation and look towards ways we can better manage our funds. We have new opportunities to seek out sponsorship for large national events, such as conventions and the Unity Project, through our new fundraising abilities through the AOA. I am excited to be seeking new funding sources and the possibilities to free up more of our budget for new projects. Unfortunately, SOMA has not been immune to the changing economic climate of recent months. The effects of this downturn have forced the AOA to make spending cuts, including their donation of Netter’s anatomy textbooks to new SOMA members. We are confident that the other benefits SOMA offers to members are well worth the small fee to join. We are currently looking at additional avenues that might allow us to offer a similar incentive to new members next fall. For now, I think that this year has a lot to offer members and I can’t wait to see how the next few months unfold.

Please feel free to contact me at the Convention or by email if you want to discuss anything concerning the SOMA. I hope everyone enjoys their weekend and takes a little bit of “SOMA love” back to their corners of the country!

Peace,

Owen Speer, OMS IV
Edward Via Virginia College of Osteopathic Medicine
National SOMA Treasurer
Treasurer@studentdo.com
Greetings student leaders,

Since this time last year, the SOMA Foundation has grown tremendously!

In the past year, SOMA has hired two additional part-time staff to assist SOMA and the SOMA Foundation in developing corporate relations and assuring funding for our community outreach and philanthropic projects. Additionally, the Foundation has launched its brand-new website where benefactors can now donate online with a few clicks of the mouse! [www.somafoundation.org](http://www.somafoundation.org).

What you need to know:

Through a team effort, the SOMA Foundation has secured a generous grant to fund our annual SOMA Unity Project. This year, students will be reimbursed for most costs associated with their travel, lodging, and meals. Big thank you to the American Osteopathic Foundation for sponsoring our Unity Project this year! This December, the project will be held at the Give Kids the World Village in Kissimmee, Florida. A limited number of committed volunteer spaces will be available (please see the update from Nathan Hale, UNITY Task Force Director). Don’t miss out on this opportunity.

Additionally, the Foundation will be hosting a Foundation Reception & Masquerade Ball with appetizers and drinks right here at the Embassy Suites in New Orleans during conference. This reception is held annually to honor our student scholars, physician mentors, and current benefactors. All SOMA members are encouraged to attend before heading out for a night on the town this Saturday night. Dress to impress (semi-formal attire). Bring your own mask or pick one up at the door! (There are a limited number of masks available courtesy of the AAOA).

This year, beginning on Sunday, the Foundation will be holding our second annual Foundation Silent Auction. Come check out the items that have been donated. Even place a bid if you find a deal! The silent auction will be located in the AOA Conference Exhibit Hall beginning Sunday morning.

Finally, SOMA is offering a number of scholarships specifically for student leaders this year. Visit [www.studentdo.com](http://www.studentdo.com) to apply.

Sincerely,

Mike D., OMS IV
University of New England College of Osteopathic Medicine
National SOMA Foundation Chairperson
chairperson@somafoundation.org
Welcome to New Orleans SOMA!

It is extremely exciting to be here and experience a new city. I hope that everyone has a wonderful time.

The SOMA foundation has been off to a fantastic start this year. With eager and motivated national board members, we have been able to accomplish a lot and introduce new ideas within the group. We are excited about our Foundation Reception, A Masquerade Ball in New Orleans on Halloween. We also look forward to our silent auction that will be a great success this year.

As the Foundation Director, I have made sure that all of our donors from past years have been contacted again and we have already received several donations from these individuals. Lists of donors are continually updated and improved. All donors have also been invited to our Reception during this convention; we are hoping for a record-breaking turnout!

If you have not already done so, please make a donation to the SOMA Foundation. The money you donate goes directly to SOMA members to provide the opportunity to do many of the things we do. We fund several preventative medicine projects including the annual Unity Project at Give Kids the World, we provide scholarships and grants to colleges and students, we support the Association and work together to grow as an organization, and most of all, we promote osteopathy throughout the country, to physicians, students and patients. It is extremely easy to donate through our fabulous new website: www.somafoundation.org.

Again, I look forward to spending time with SOMA and having a blast in the Big Easy. I hope everyone enjoys our Masquerade Ball and comes dressed for the occasion! Please come find me if you have any questions or comments about the Foundation. Thanks for all of your support.

SOMA love,

Courtney Stellar, OMS IV
Chicago College of Osteopathic Medicine
National SOMA Foundation Director
director@somafoundation.org
Hello SOMA Members! I look forward to a productive and FUN weekend with you all here in New Orleans!

As we all know, the economy’s been hitting everyone hard these past few years, and SOMA has felt the effects at every level. It was very unfortunate that the AOA decided to discontinue the Netter campaign at the same time that we were forced to increase membership dues in order to keep up with rising costs of running the organization. However, with the help of everyone involved, we’ve come through it stronger than ever! We were able to negotiate a 30% discount on the Netter’s Atlas for all new SOMA members as well as a 35% discount on USMLE Consult through Elsevier to help compensate for the loss of the free Netters. Our wonderful programs & benefits coordinator Tyler has been working hard to continuously add new discounts and benefits to the roster for all SOMA members, and we recently hired a professional fundraiser to help our brilliant SOMA Foundation leaders to raise more money to give back to all SOMA chapters and individual SOMA members through scholarships, grants and programs. The loss of the Netter campaign has really helped force us to do a better job of promoting the other membership benefits that we have to offer, and I think that in the grand scheme of things, this has and will continue to strengthen our organization and help everyone to realize that SOMA is much more than a free Netter’s Atlas! We are THE osteopathic student organization and we have a LOT to offer our members, from discounts to scholarships to leadership opportunities and the chance to leave a real mark on the profession and let our voices be heard, the opportunities are limitless for SOMA members!

This year has also been our first attempt at a completely online registration system which is the first step toward a more interactive website community with members-only access to discounts and member benefits, scholarships, and information such as the clinical clerkship database and research database. Overall, the introduction of this new online system has gone quite smoothly thanks to the hard work of our current webmaster Nick Perkins, and I look forward to the continuing progress towards this simplified system and expanding online community where SOMA members can interact and more easily access their membership benefits. Existing SOMA members, 1st through 4th year students, are encouraged to register online in order to be incorporated into this online community as soon as it is up and running. To register, simply visit the website at www.StudentDO.com and click the “New User” button in the lower left. If you have already registered and paid your membership dues, select the “pay by cash or money order” option and we will check our records and confirm your membership. Be sure to write down your username and password so that you will remember this information when you wish to log on to your account in the future.

At the time of writing this report, all membership drives have not been completed, so I will have to give you a live update during our meetings to let you all know how our numbers turned out this year. If you have any questions, concerns, suggestions or comments, please feel free to contact me anytime at Membership@StudentDO.com.

Have a great weekend and a Happy Halloween should you celebrate the holiday!!!

Crystal R. Lenz, OMS III
Lincoln Memorial University-DeBusk College of Osteopathic Medicine
National SOMA Membership Coordinator
membership@studentdo.com
SOMA Foundation proudly invites you to...

The 2009
Foundation Reception
Masquerade Ball

October 31, 2009
7:00 - 10:00 pm
Embassy Suites Ballroom:
New Orleans, LA

Don’t forget your masks!!!
NATIONAL BOARD REPORTS
Dear SOMA members:

Welcome to the SOMA conference in New Orleans! As an attendee of the Fall convention, you have proven yourself as a leader and committed member of the Osteopathic profession. The National SOMA Clinical clerkship coordinator’s role entails providing students with resources and appropriate tools to excel in their clinical years. This includes tips on professionalism, increasing your learning experience at rotations, and finding the right rotations!

Here are a few projects we are working on:

- **SOMA Clinical site database**
  
  *This is a compilation of rotation sites that students have rotated at in the past. Includes the contact information for the preceptors and possible learning opportunities.*

- **Student checklists**
  
  *Make sure you are doing the right stuff at the right time! Things can get lost and forgotten while you are studying for your exams. These documents will serve as gentle reminders!* 😊

- **Resources**
  
  If you visit the Clerkship page, there is a list of organizations and tools that you can take advantage of as medical students

- **SOMA National recommended books/study tactics for clinical years and Level/Step 2**

If you have any questions or want more information, visit the SOMA website at studentdo.com or email me.

*See you around!*

Sabeena Rahman, OMS IV
Touro University Nevada
National SOMA Clinical Clerkship Coordinator
clerkships@studentdo.com
Director of Political Affairs
Matt Weigand

It was beginning to look like the image of children playing with dolls would take over as the default depiction of a tea party. Imagine it: a five year old, a couple of American Girl dolls, Elmo in a tutu, and some freshly-brewed air chai replacing one of our great national accounts of patriotic defiance. Then came health care reform and with it a new interpretation of the original Tea Party. Along with the spectacle and fervor surrounding these events, numerous organizations and individuals have answered the call to take part in the debate. I’m happy to report that SOMA can be counted in that number.

The healthcare survey provided valuable information about the sense of our membership on the direction the medical profession should take in the coming years. The results are by no means a mandate for a radical course correction of SOMA principles, nor do they mean that our willingness to reevaluate issues is diminished, but for the first time our membership has come together and voted on a message. To steal a line from President Kennedy, our organization “intends to be the master of its own house.”

There remains a need for more student involvement in other areas. The Two Minute Consult can always use more student input and op-ed articles. Naturally, in order to have something to share, chapters need to hold events or activities and, in turn, tell me about the results. A perfect example comes out of California, where the TUCOM chapter set the national SOMA machinery in motion to address the merger of the state Osteopathic Medical Board and the Board of Naturopathic Medicine. Without the notification of the BOT/NB by the local chapter, the matter may have gone unaddressed for weeks. The strength of a single chapter’s advocacy changes from year to year, but the creation of a nationwide trend for action within SOMA’s ranks will last far beyond our own time in school.

Finally, I encourage all of you to continue to vie for the attention and affection of SOMA Sam, the Director’s award for the most politically active – and communicative – chapter. He’s a fickle little guy, but he always picks a worthy partner. For those interested in courting Sam, he’ll be single again in April (just in time for DO Day on the Hill) and you might be able to catch him on the rebound.

Keep up the good work!
--- Matt and Sam
National SOMA Director of Political Affairs
politicalaffairs@studentdo.com
Welcome to New Orleans! This is going to be an exciting convention and an exciting year for SOMA! I am proud to be SOMA’s first Director of Publications, a position that was created with updating SOMA’s image in mind! National SOMA is now on Facebook, so join us and keep up to date on all of our conventions, scholarship deadlines, community service projects, and plans for D.O. Day on Capitol Hill!

The summer issue of our newsletter, The Student DOctor, is complete. It focuses on the many accomplishments of SOMA’s chapters and leaders last year, as well as some of the things members can look forward to in the year to come! The next newsletter will be published after this convention. As always, you can locate the latest version of The Student DOctor at www.StudentDO.com.

Another project I am excited about is the nation-wide contest we will be holding for a new SOMA logo!! Adopting a fresh logo is just what SOMA needs! There will be an award for the winning logo, so be on the lookout for upcoming details on this contest!

This year I am working to update and improve the look of SOMA’s advertising and educational materials. I worked with Crystal Lenz, National Membership Coordinator, to revamp SOMA’s New Membership Pamphlet, and I created the flyers for the 1st SOMA Residency Networking Event. I will be working on a pamphlet for D.O. Day on Capitol Hill, which will hopefully increase awareness of and participation in this critical lobbying event. My ultimate goal is to have SOMA’s newly designed advertising and educational materials posted on our website so that chapters can simply download the materials they would like to use during the year. Eye-catching packets, pamphlets and flyers will help SOMA grab new members and engage old ones!

If your chapter has an accomplishment you would like to share with the entire SOMA nation via the newsletter, or if you have a good idea for a story, please do not hesitate to contact me at Publications@StudentDO.com.

Have a wonderful time at SOMA’s Fall Convention and in New Orleans!

Amber Trobridge, OMS III
Touro University of Nevada, College of Osteopathic Medicine
National SOMA Director of Publications
publications@studentdo.com
First of all, welcome to all & congratulations to the Class of 2013! This is the first year that the scholarships and grants position has been combined, and I’ve been working diligently to make the most of both positions to do the best we can for you, our student members and leaders! Read on for more information on each position.

**Scholarships**

First of all I would like to thank everyone who applied for the Humanism in Medicine and New SOMA Member scholarships. These winners will be announced at the Foundation Reception on Saturday, October 31st. Also, please join the SOMA Foundation and the Student Doctor Network in congratulating Tamar Nazerian, winner of the Community and Preventative Medicine Award.

To the left, please find the list of scholarship deadlines for the year. Promote scholarships early to give your chapter members enough time to apply. If you think someone is perfect for a scholarship, don’t hesitate to encourage them to apply. As chapter leaders, it’s your responsibility to help get the word out at your school. Not only does everyone enjoy winning money, but it helps promote the organization at your institution!

Deadlines are also posted on the Foundation Scholarships page (see below), as well as on the National SOMA Facebook page. Check out the Foundation website for information and requirements for each scholarship!

**Grants**

I am pleased announce that thanks to the generosity of the American Osteopathic Foundation (AOF), our grant request for $30,000 in support of the 2009 SOMA Unity Project “Give Kids the World Village” in Kissimmee, Florida was approved. For more information on the Unity Project and Give Kids the World, check out Nathan Hale’s report. Stay tuned for more information on how to get involved in the Unity Project with funding assistance from this grant.

**Website:**

www.somafoundation.org/scholarships_and_grants.htm
Progress Report:

• We have almost completed and streamlined SOMA Foundation (SF) communications by centralizing all SF records of activities onto a unified excel spreadsheet.
  
  o The spreadsheet provides a “snapshot” of all SF activities for all BOT/NB related to SF so each Foundation member is able to see what others members are doing at any given time.
  
  o Having all the numbers in one place will package information in a way that will allow soliciting sponsorships easier and more meaningful.

• We have drafted a press release and coordinated a public relations photo-op for the Unity Project which will be used in the future to support fundraising efforts.

• We have begun the coordination of a large fundraising strategy and portfolio that communicates the value of supporting SOMA- particularly the Unity Project, scholarships, and grants. The project is mostly based on approaching companies with natural linkages to SOMA (and the AOA).

Enjoy New Orleans!

Nate Bergman, OMS III
Kansas City University of Medicine and Biosciences College of Osteopathic Medicine
National SOMA Foundation Associate Director of Financial Affairs
financialaffairs@studentdo.com
Hello,

Welcome to New Orleans! As the Public Health Director, I believe it is a very exciting time for the future of osteopathic medicine. Regardless of what will happen with health care reform, it seems apparent that public health and preventive medicine will be at the forefront. Over the year, I hope to increase awareness in the impact of public health programs and demonstrate their effectiveness. Through the activities set up at the conferences and the public health programs established at all of the osteopathic schools, we will be leaders in the future of medicine.

At this year's fall convention in New Orleans, LA, the students from the Student Osteopathic Medical Association (SOMA) and the Council of Osteopathic Student Government Presidents (COSGP) will be working together at a health fair being held by the National Osteopathic Medical Association (NOMA) on Saturday, October 31st from 10AM - 3PM at The Harry Thompson Center. At the health fair, the students will assist by giving blood pressure checks, asthma screening, diabetes screenings, well child physicals, and many other activities. We will also be collecting supplies for daily living (toothpaste, soap, shampoo, conditioner, etc.) at the convention to donate to the residents of New Orleans.

Also, at this year's convention, we will be holding a Blood Drive on Friday October 30th from 12PM - 5PM in the Embassy Suites. Anyone who is eligible and would like to donate blood is encouraged to attend.

I hope that you enjoy the public health and preventive medicine activities we have planned for New Orleans and join us again this spring in Washington D.C.

Michael Cullura, OMS III
Touro College of Osteopathic Medicine- New York
National SOMA Public Health Director
publichealth@studentdo.com
It’s been a great honor to serve SOMA as the Foundation Associate!

I have two major projects underway since taking on this challenge. First of all, it has been both an arduous challenge and a great learning experience planning the annual SOMA Silent Auction to be held during the Fall AOA Conference in New Orleans, LA. Please visit our SOMA Silent Auction Booth in the convention hall to bid on great items and support SOMA!

Secondly, I will be attending my first American Osteopathic Foundation (AOF) meeting while representing SOMA later this week. The AOF is a philanthropic organization that seeks to promote the osteopathic profession and its physicians and medical students. As a representative of SOMA, I will provide a student prospective to the physician leaders of our profession that will directly impact our education and our profession by awarding scholarships, providing financial grants, and supporting missions trips overseas. Feel free to visit the AOF Student Initiatives Grant website if you would like to learn more about how the AOF can help your chapter’s next major project at http://www.aof-foundation.org/index.cfm?fa=grants.detail&gid=405.

Vi Song Tring
Nova Southeastern University College of Osteopathic Medicine
National SOMA Foundation Associate
foundationassociate@studentdo.com
Welcome to New Orleans! We’re glad that you all could join us this year for the Fall Convention. As the SOMA International Health Programs Director, I’d like to invite you all to share your international experiences with your peers. Whether it is an international elective or a medical mission trip, please submit any and all memorabilia from your trips, including photos and summaries of your work abroad. The best way for students to learn about international experiences is to hear about successful projects from others. Please tell us about your past international experiences by emailing internationalhealth@studentdo.com.

I also welcome you all to attend the International Health Seminar Poster Session on Sunday, November 1st from 1 – 5pm here in New Orleans. At this poster session, students with various international experiences will be displaying details about work they have done abroad. Come learn how they got started and perhaps even pick up some important contacts from a project that interests you!

The International Health Program is also offering two scholarships with deadlines in March 2010. The first is the International Health Program Scholarship that awards the winning recipient with $500 toward the expenses of an international elective, including room and board. The second is the Medical Relief Scholarship that awards the winning recipient with $250 toward the expenses of a relief trip lasting at least two weeks in duration. Please look on www.studentdo.com for details and application forms.

Ongoing projects include the Better World Book Drive. Just contact Mary Murphy (mary@betterworldbooks.com) to find out your school’s Better World Books representative and they will give you all the information you need to set-up your own book drive. If you’re interested in discovering an international elective or embarking on a medical relief trip, just visit the SOMA website to find out important contacts that can connect you to a project. Feel free to send your ideas, comments, and questions regarding what you’d like to see happen through the SOMA International Health program by emailing internationalhealth@studentdo.com.

Enjoy your stay in New Orleans!

Reneeta Basu, OMS III
Philadelphia College of Osteopathic Medicine – GA Campus
National SOMA International Health Programs Director
internationalhealth@studentdo.com
It is my pleasure to be in New Orleans with so many members of the SOMA community. Being part of SOMA is being part of a community that has set goals to improve many aspects of medicine and spread the word on the osteopathic difference. As the Minority Affairs Director, I find it essential to emphasize the importance of addressing the need for better understanding of ethnicity, race, religion, sexual orientation and gender in medicine. I strive to facilitate the chapters in their construction of a path that will make a difference in the care of minorities in our future profession.

The greatest change of minority care starts with medical student awareness of culture diversity. My goal is to have all the chapters do a small part to create a large change. Reaching out to the local Hispanic community and providing blood pressure checks and educating its members on their high risk for certain disease… its one small step. Emphasizing the importance of prostate cancer screen for African American males… its one small step. Providing instructions on self-breast exam in different languages…its one small step. Bringing in speakers who can provide an insight on the best ways to care for members of the Lesbian, Gay, Bisexual and Transgender community…its one small step. There are countless creative ways to get involved in the journey to better our education. Together, one small step at a time we can make great advances in the care of minorities and it starts by having better-quality understanding of cultural diversity.

As osteopathic students who practice a “whole person” approach to medicine, it is important to remember that an individual’s ethnicity, race, religion, sexual orientation and gender are part of the person and should be integrated in our care. We can all make a great difference with small steps. I am here as a source so please feel free to email me with any questions/comments.

The SOMA Award for Commitment to Diversity in Medical Education recognizes those students who demonstrate initiatives to the development of programs and events, which targets the awareness of multiculturalism and diversity in efforts to impact medical education. Two recipients will each receive a $500 award. Application can be found under scholarships at www.studentDO.com. Please feel free to email me any questions.

Gloria Lopez, OMS III
New York College of Osteopathic Medicine
National SOMA Minority Affairs Director
Minoritiesaffairs@studentDO.com
Dear SOMA Leaders,

Hello and welcome to New Orleans and the 2009 National SOMA Fall Convention! I hope you have a wonderful time here, and go home with new friends and great ideas for your SOMA Chapter.

First off, I would like to say congratulations on the successful start to a new school year. The National Board and Board of Trustees are all eager to work with each and every one of you to make this the best year ever with SOMA!

This year, I am serving as your National SOMA Osteopathic Principles and Practice Coordinator. I have had the pleasure of putting together the OMT Workshop that will be held during the convention this weekend. Please take a look at the schedule for all the details, as this event is definitely one you won’t want to miss! It is sure to be a valuable learning experience, and leave you going home with more confidence and knowledge in utilizing OMT. We are looking forward to having a very interactive OMT workshop that teaches you skills you can really put into practice.

I will also be working with each individual SOMA Chapter throughout the year in regards to encouraging the use of OMT on each campus, as well as helping plan events and workshops for SOMA members. You’ve all done a wonderful job so far, so keep up the great work promoting OPP on your campus and in your community. Let me know what your SOMA chapter is up to (and send pictures!) so I can share it with others.

In addition, I will be putting new updates on the website as well as giving you all information about the A.T. Still Memorial Scholarship that will be given out this coming year, at the National SOMA Spring Convention. I encourage you all to apply, especially if you have utilized any OMT on patients during your rotations.

I wish you all the best this year in your studies and involvement in SOMA. I am here to help with any questions you have, so please don’t hesitate to ask me. I look forward to working with you all, and welcome any ideas and suggestions as well!

I’m so excited we are all here in New Orleans! Have an awesome time at the convention!!

Kerri Kulovitz, OMS IV
Chicago College of Osteopathic Medicine
National SOMA Osteopathic Principles and Practice Coordinator
opp@studentdo.com
Greetings from Pre-SOMA!

As National Pre-SOMA Director, I can’t express enough how inspiring it is to work with the pre-medical students that will one day be my colleagues. One of the great aspects of my position is that I get to work with students from across the country, and it is very exciting to see interest in Osteopathic medicine thriving throughout our nation’s colleges and universities!

I see my duties as Pre-SOMA director to be based on facilitating efficient, productive communication between Pre-SOMA members, SOMA members, physicians, and state Osteopathic societies. To achieve that end I have spent a great deal of this first part of my term organizing contact lists, working on Pre-SOMA webpage changes, and creating membership data storage formats that will be readily usable by future Pre-SOMA directors.

Aside from this great task, a new Pre-SOMA Chapter of the Year Award is in the works, as well as a SOMA resolution to be presented at this year’s fall convention. The yearly award will be given to an outstanding Pre-SOMA chapter, which I initially thought would be easily distinguishable, but have learned otherwise! The resolution is intended to encourage increased membership in Pre-SOMA by allowing past Pre-SOMA members to opt out of paying national SOMA dues if, and when, they become SOMA members.

As I mentioned previously, I have seen first hand the enthusiasm for Osteopathic medicine in America’s pre-medical community. As this enthusiasm grows, and more and more Pre-SOMA chapters spring up (four since last May!), it becomes increasingly important for SOMA members to offer their support and guidance. I highly encourage each SOMA chapter to appoint a Pre-SOMA Outreach Coordinator if they have not already.

I’m excited to see everyone again in New Orleans, and am looking forward to a great year!

Andrew Oliver
National SOMA Pre-SOMA Director
presoma@studentdo.com
Hello SOMA and Welcome to the Big Easy!

I hope you are all excited for yet another wonderful and exciting convention. I wanted to start by reminding you to begin thinking about two awards that are presented each year at the spring convention. They are:

- SOMA Chapter of the Year Award
- SOMA Officer of the Year Award

These are very prestigious awards and carry with them a significant monetary prize. Official applications will be sent out through your Region Trustees in late January to each chapter president and NLO. Keep your eyes open!

Next, I wanted to take this opportunity to remind you of the many benefits available to you as SOMA members. Each chapter should have received post cards from the AOA that outlined the benefits available through both the AOA and SOMA. We decided to feature AOA benefits on the SOMA website this year to help remind students that they are automatically AOA members by becoming osteopathic medical students and are indeed entitled to the many AOA benefits. These include discounts with T-Mobile, Epocrates, Bank of America, and many more!

Next, I wanted to inform you that I am in the process of finalizing a new benefit with a company that focuses on providing high quality test preparation software for the COMLEX level 2 and 3 examinations. They have received excellent reviews during the testing phase of their new software and we are looking forward to providing SOMA members with more options and greater savings on test preparation material.

Lastly, I want to remind you of our two most recent benefits. This past year, we extended a benefit with GL Advisor. This company provides a loan management and advisory service for SOMA members. They can save members thousands of dollars each year in loan repayments options and I encourage you to have them come to your campus or clinical training site to give a presentation. Please contact me if you are interested. The other company is Thieme Publishers. They have offered a significant discount on their Atlas of Anatomy and Anatomy Flash Cards.

This spring I will be working on promoting conversations surrounding several new benefits including a SOMA phone plan, SOMA life insurance, and a SOMA credit card. Please contact me if you have any other ideas for benefits and don’t forget to look over the website at: http://www.studentdo.com/benefits

Tyler Raymond, OMS III
University of New England College of Osteopathic Medicine
National SOMA Programs & Benefits Director
benefits@studentdo.com
Public Relations Coordinator

Margaret Hallahan

Lights, Camera, Action… Welcome to New Orleans!

This year our goal is to get the Student Osteopathic Medical Association more publicity. We are actively working with the AOA’s public relations department. First of all, we are requiring the SOMA chapters to submit their monthly reports to pr@studentdo.com according to the schedule set up (see below). We want the great achievements to be recognized in the AOA Daily Reports and The D.O. magazine, which will be making the transition to on-line subscription. Currently, SOMA’s Unity Project is on our agenda. We are working to get media coverage for this amazing community service project. Also, part of our plan is the YouTube promotion of SOMA. This fall and spring conference you may be part of our promotional campaign.

If you need any assistance in news releases, AOA daily reports, the D.O. magazine or media coverage, please contact pr@studentdo.com.

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<td>LMU-DCOM</td>
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<td>May 1st</td>
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Margaret M Hallahan, OMS IV
Lake Erie College of Osteopathic Medicine
National SOMA Public Relations Director
pr@studentdo.com

“I long to accomplish a great and noble task, but it is my chief duty to accomplish small tasks as if they were great and noble.” Helen Keller
Credo: Medical research can take many forms. Whether it is designed to study the basic mechanism of disease, clinical questions, or questions focused on a heightened understanding of osteopathic manipulative medicine, the end result is knowledge. The pursuit of knowledge through research represents a fundamental principle of osteopathic medicine – prevention. Research is the ultimate and most fundamental component of preventative health care. The support of research gives physicians the tools to prevent disease, give evidence based counseling to patients and ameliorate human pain and suffering.

Mission Statement: The goal of SOMA is the provide support to osteopathic medical students who wish to incorporate research into their career. Moreover, SOMA will provide support to individual chapters, ensuring that each osteopathic medical student gains a fundamental education in basic research methodology and opportunities to expand that knowledge base.

Goals: The 13th Annual National SOMA Research Symposium will take place this fall at the AOA’s 53rd Annual Convention and Scientific Seminar in New Orleans, Louisiana. This should prove to be an exciting opportunity for osteopathic medical students to network, view, and present ongoing research. I invite everyone to visit this symposium and ask critical questions of your colleagues. Abstracts that were approved for entry into the symposium will be published in The Journal of the American Osteopathic Association, JAOA. Prizes will be awarded to the winners of the poster competition. The AOA has long been a supporter of osteopathic students becoming involved in research and taking part in this enriching experience. The AOA and SOMA recognize the importance of how clinical and basic science research plays a critical role in bridging the gap between the laboratory and the bedside. Moreover, the theme of this year’s conference, “The Translation of Genomic Science into Osteopathic Clinical Practice,” exemplifies this concept. In particular, osteopathic students are uniquely trained to further research in osteopathic manipulative medicine which serves to promote the progression of osteopathy.

This year we are excited to announce an inaugural association between the AOA’s Bureau on International Osteopathic Medical Education and Affairs and SOMA to sponsor a second poster competition. In conjunction with the AOA’s 114th Annual Osteopathic Medical Conference & Exposition in New Orleans, Louisiana, this international poster seminar will showcase research done by students and physicians working on international health. The theme of this seminar will be “redefining osteopathic medicine globally.” This will be the 11th annual international seminar and the first time that SOMA will be cosponsoring this event. Prizes will be awarded to the student winners of the poster competition.

As the funding for the last summer research grants have been disbursed, I will be actively seeking funds to continue the summer research fellowship that is currently suspended due to the lack of funds. I believe that the summer fellowship should be extended to include the entire academic year and include more funds. We should work to partner with current funding institutions to facilitate the support the students who receive these awards.

Developing and implementing a structure by which information can flow efficiently is a primary focus of this year. To that end I have created a website on the studento.org website that highlights programs that are offered relating to research and development. Moreover, an additional URL was purchased to augment the accessibility of this website to students – www.DOresearch.com. It is important that this website is contemporary, and I would like to consult with the webmaster in order to create a way that the Research and Development Director can update and manage this site. Additional notable advances include the creation and implementation of an online submission for abstracts to poster sessions. This was tested this summer during the call for abstracts to the fall convention and, due to its success, I will advocate for its expansion to include submissions for the international poster competition and grants next year.
Greetings and welcome to New Orleans. The SOMA & SOMA Foundation websites have continued to undergo updates since D.C. and Chicago. Below I have addressed some of the major projects I’ve been working on this year. Several smaller projects are also being worked on and will be addressed in the Spring as they move closer to fruition.

As a project most have noticed this past year I will comment on the membership system first. At this point we have successfully completed our first year of using the new online membership registration system and with the exception of a few minor problems the process went very well. We hope to continue this transition next year with closer to 100% participation. There was some confusion regarding the process and fees that we have or will address in the future to make the process more transparent.

We have also moved all information regarding scholarships and grants to the [www.somafoundation.org](http://www.somafoundation.org) site to better reflect their appropriate position within SOMA. Also note that you can donate to the SOMA Foundation online by visiting the site and clicking Donate Now! This process, like the membership registration, is completely secure using 256-bit encryption.

We were also able to open up the beta version of the clerkship database for SOMA members. You must have a SOMA account to have access to the database, and currently we are still populating it with clerkships. If you would like to help in submitting available clerkships that you are aware of please contact the Clerkship Coordinator, Sabeena, at [clerkships@studentdo.com](mailto:clerkships@studentdo.com). After a few month trial process the Clerkship Coordinator, myself, and several other members will begin a review process to help us refine the database in the next and final version. Members who have suggestions may contact Sabeena or me.

Other projects that are still being worked on are improving the member-only access portion of [www.studentdo.com](http://www.studentdo.com) to provide greater usability to students. I hope to implement the ability for students to change their address and other personal information from within their studentdo.com account. I further hope to start expanding [www.studentdo.com](http://www.studentdo.com)’s services to begin creating an online community for osteopathic medical students to interact. I would like to see our websites become the de facto source of information for all things osteopathic student related.

If you have suggestions or comments regarding the website please feel free to contact me at [webmaster@studentdo.com](mailto:webmaster@studentdo.com). These web services are designed for you, the membership, and we appreciate any feedback.

Nicholas E. Perkins, OMS III  
Lincoln Memorial University DeBusk College of Osteopathic Medicine  
National SOMA Website Coordinator and SOMA Member-at-Large  
[webmaster@studentdo.com](mailto:webmaster@studentdo.com)
Unity Project Director

Nathan Hale

2009 SOMA Unity Project

Who? Osteopathic medical students from 28 Colleges of Osteopathic Medicine from across the country

What? SOMA Unity project: a community service project, made possible through a grant from the American Osteopathic Foundation, designed to create unity between medical students and our communities

Where? Give Kids The World
210 South Bass Road
Kissimme, FL 34746

When? Dec 27-30th, 2009

Why? SOMA is an organization designed to improve medical education and give back to our communities. We started volunteering at Give Kids the World four years ago. One of the medical students who initial help organize the program was also a former guest of the Give Kids the World Village. She had been diagnosed with a terminal illness as a child and was able to make her wishes come true. Her disease miraculously went into remissi

on and she continued on through childhood and chose a career in medicine. She wanted to give back to other children who were suffering like she had, so she helped organize the SOMA unity project to volunteer at Give Kids the World Village. Today, we continue her desire to give back by returning to volunteer.

Benefits:
Free hotel accommodations
Free travel to and from the Give Kids the World Village and the hotel
50% of your travel expenses reimbursed up to 250 dollars and possibly more for the first 100 people
Once in a lifetime opportunity to touch the life of a child

For more information please visit www.studentdo.com or www.gktw.org

Application:
Please fill out the application forms and email them back to unity@studentdo.com before Friday November 13th 2009.

Please direct all questions and paperwork to me at unity@studentdo.com.

Sincerely,

Nathan Hale
Arizona College of Osteopathic Medicine
National SOMA Unity Project Director
unity@studentdo.com
Prepare for the COMLEX Level 1 with Kaplan Medical

What’s New to Kaplan’s COMLEX courses?

- More than 550 updated and revised questions for our COMLEX Qbank
  Qbank includes full-length explanations, detailed performance feedback, and over 1,000 questions

- Brand new Full-length online exam simulation (400 questions)
  Practice your pacing and gain confidence as you prep under exam-like conditions

All our COMLEX courses include:

- Diagnostic test with performance analysis
- Dynamic live lectures delivered by expert faculty
- Proven, valuable strategies that will help you excel on the COMLEX Level 1

COMLEX IntensePrep $749
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Designed with first-time test takers in mind, Kaplan’s COMLEX programs are real COMLEX review courses, not re-purposed USMLE programs. Our courses offer a dynamic combination of live and online lectures and classroom-based study. Only Kaplan provides The Experts You Deserve ... The Prep You Need ... The Score You Want!

COMLEX Qbank $109 (1 month)
  $149 (2 months)
  $189 (3 months)
  $329 (6 months)
  $429 (12 months)

Kaplan’s COMLEX Qbank is new and improved with over 550 updated and revised questions. Our Qbank includes full-length explanations, detailed performance feedback, and over 1,000 practice questions accessible 24 hours a day, 7 days a week.

Also taking the USMLE?

Kaplan Medical provides a variety of courses to fit your individual study needs. Call 1-800-KAP-TEST or visit kaplanmedical.com for more information.
Advocates for the American Osteopathic Association

The Advocates for the American Osteopathic Association have an **Attitude of Gratitude** for the Osteopathic Profession. Our goal is to support this profession.

The Advocates support the spouses and families of the medical students along with the entire Osteopathic Family. We award scholarships and grants, support the Yellow Ribbon teen suicide prevention program, women and heart disease programs, Osteopathic Medical explorers program, osteoporosis prevention programs, and the We D.O. vote- voter registration program.

Visit our website at: [www.advocates4dos.org](http://www.advocates4dos.org)
REGION TRUSTEE & CHAPTER REPORTS
Welcome to New Orleans! Your SOMA membership will open the door to professional development, networking, academic enrichment, service projects, and personal growth. I am honored to represent outstanding leaders from LECOM, PCOM, NYCOM, TouroCOM-NY, UMDNJ, UNECOM, and VCOM.

This convention is a great opportunity to develop ways to improve your local SOMA chapters. I encourage everyone to take time to meet with fellow student leaders from other schools and share experiences and ideas. We have new opportunities to offer at this year’s convention, and I hope you all gain valuable information that you can share with your local chapters. This year, Region 1 has set admirable goals, which involve becoming invested in humanitarian service, promoting preventive medicine, and advocating osteopathic medicine in their schools and local communities. I hope that our work during this convention will provide you with the tools to energize your student membership to become more actively involved in SOMA. Challenge yourselves and your members to take full advantage of opportunities and benefits offered by SOMA.

Thank you for choosing to become a SOMA member, and thank you for coming out to New Orleans. Your dedication to SOMA is valuable in shaping the dynamic changes that serve to place the osteopathic profession at the forefront of change. I look forward to the opportunity to lead Region 1 to a productive and energetic year!

Best wishes,

Efren Caballes, OMS III
Touro College of Osteopathic Medicine-New York
SOMA Region I Trustee
Region1@studentdo.com
Lake Erie College of Osteopathic Medicine

Hello SOMA!

Since our July meeting SOMA has been very busy. August marked the beginning of the LECOM SOMA 2009 membership drive. LECOM SOMA has offered exclusive History and Physical Exam review sessions for SOMA members. We believe that this as well as the many other benefits of being in SOMA will encourage new members to sign up for the club. So far we have 45 new members and we expect to gain more throughout the semester.

In addition to our membership drive, LECOM SOMA has been very active on campus and within the community. September is National Suicide Prevention Month. In order to support the cause SOMA handed out yellow ribbons to students as they were headed to class, in order to create awareness. The club continues to volunteer at the retirement home, Millcreek Manor. On Tuesday, September 15th the club organized a bingo session with the residents. The event was very successful and enjoyable for both the Millcreek Manor residents and the student volunteers. We continue to seek out new and interesting activities to do with the residents. The club also continues to participate in monthly journal club. This month the topic is cardiovascular disease and the screening of coronary disease in patients with diabetes mellitus.

We have multiple events planned for the fall semester. First off, the International Health committee will soon be holding the BetterWorldBooks drive. Last semester this event was extremely successful as we collected over 100 books to benefit the Worldfund. We expect the current drive to do even better. This semester our Professional Development committee will hold a business card sale. We plan on offering the business cards to all four classes in order to increase orders. In addition to this fundraiser the Preventative Medicine committee will be holding a CPR mask sale this fall. December 1st is World AIDS Day and the Minority Affairs Committee will be holding a Red Ribbon dinner with the school’s Gay Straight Diversity Alliance.

Lastly, our most exciting prospective event for this semester is History and Physical Exam review sessions. The club advisor is also the director of this course and we will be working closely with him in orchestrating the reviews. We will begin this fall with reviews for second-year SOMA members. Review sessions will be held for first-year students in the spring once they begin the course. We expect these sessions to continually boost SOMA membership.

That’s all from Lake Erie, Alyssa and I can’t wait to see everyone again in New Orleans!

Sincerely,

Nicole Prestiano
Lake Erie College of Osteopathic Medicine
SOMA National Liaison Officer
Hello Fellow Somites! We are so excited to be here in New Orleans! The newly elected SOMA e-board is excited to take on the challenges of the new year with new and old SOMA members! Of course with the absence of Netter’s we had to get creative with membership drive. We did this by putting on a spectacular show at our annual “Night Before Classes Skit” where SOMA members impersonate various professors in a humorous way. Of course when you are first year, you have no idea what the upperclassmen are talking about but you slowly begin to realize that in fact the impersonations were fairly accurate and you laugh randomly during class. As of 9/15/09, we are up to 53 new members!

Clockwise from top left:
Our NLO and President enjoy some time away from SOMA duties
SOMA members at D.O. Day on the Hill
Dr. Kuchera, our fearless leader and OMM guru
More SOMA members at D.O. on the Hill
Aside from the Night Before Classes skit here are a few things that our SOMA chapter will be working on this year:

- Boards Panel with various 3rd students who successfully completed COMLEX I
- Presentation on International Health Opportunities
- Volunteering at the Sheila Dennis House; a home for battered and homeless women in Philadelphia
- Participation in the PCOM Day of Service to re-vamp some local elementary schools
- Light the Night Walk for the Leukemia and Lymphoma Society
- Coming Out Day Awareness Bake sale
- Follies; much like our Night Before Classes skit, but this is a fundraiser for a Heart-to-Heart Box
- D.O. Day on the Hill! PCOM was the most represented D.O. school in the nation! Way to go!

We look forward to learning a lot at convention and getting ideas to improve our chapter this year!

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**New York College of Osteopathic Medicine**

It brings me great pleasure to announce the great accomplishments put forth by NYCOM SOMA since the Summer 2009 Convention in Chicago. We have worked tirelessly to produce programs and events that were both educational and rewarding for our members. We hope that we have surpassed the goals and standards set forth by our past executive board and raised the bar for the future.

NYCOM’s SOMA chapter is proud to announce its successful start to the 2009-2010 academic year! August was a great month for SOMA as we welcomed the class of 2013 with our annual Big Brother/Big Sister program. This year, for the first time, SOMA paired up with the Student Government Association to choose second year students who voluntarily and enthusiastically gave up their time to help transition the incoming class throughout the year. On Wednesday, August 19th, first year students were paired with one second-year student for a chance to interact, share experiences, and receive feedback on questions.
The program began with an encouraging introductory speech by our NYCOM SOMA President Stephanie Fazio. As she gave some positive words of wisdom, the first years received a folder complete with details about SOMA including: some of the benefits of joining, the SOMA New Member Scholarship application, a description of the committees they will be given the opportunity to join, and in our efforts to continue the theme FIT FOR LIFE, a flyer for a local gym. The folder also contained a list of restaurants and shopping centers around the area, to help guide first years that have recently moved to the area. Lunch was catered and since it was a beautiful day everyone went to an area in the quad to talk. Each first year student took this opportunity to have his or her questions and concerns answered. The groups exchanged contact information and hopefully all the first years will feel free to contact their mentor whenever an issue arises. In fact, aside from the voluntary meetings with big/little brothers/sisters, our program mandates four total meetings throughout the year, just so that siblings can get better feedback as the year progresses. Following the initial introductory meeting, the feedback we received from the first year students was extremely positive and they have also included some great ideas for making the event even more successful next year. Every second year student mentioned the excitement his or her little siblings had for being an osteopathic medical student at NYCOM. We look forward to future events to reunite the siblings in order to better track their progress and address other concerns that may arise.

August 28, 2009 marked the beginning of our membership drive. In accordance with this year’s club fair carnival theme, SOMA set up two arcade style fish pong tables for new members to take a shot to win various prizes ranging from Netters and Grays Anatomy atlases, Netters flashcards. and best of all – a goldfish for those who aimed well and shot their ball into a cup with a fish. In order to get the drive going, we made poster boards loudly announcing that the first 15 first year students to sign up for SOMA would get a free Netters Atlas…this immediately drew the students in, and got the crowd rowdy. In addition to the prizes, all new, old, and prospective members received NYCOM-SOMA pens, signed up for raffles, and met the wonderful and diligent executive board. Each first year student who signed up for SOMA received a SOMA t-shirt, exhibiting a very popular, and well received design depicting the “DO” in a superman style logo, and an official “Super Somite” stamp on the back. We here at NYCOM have adopted the phrase, Super Somite, to refer to our members, and hear it quite often around campus! Although our drive is still ongoing, we are excited to say that 137 first year students became new SOMA members! We anticipate our drive to run until our second general body meeting which has not yet been scheduled.

On August 27th, 2009 we had our first General Body meeting. We started the meeting with a photo slideshow that included numerous photos taken over the past year of SOMA events, and at SOMA conventions. The purpose of the meeting was to inform all of our members about the activities that we have planned for this academic year. The meeting had a great turnout and it was really exciting to have new and old members alike all enjoying a lunchtime meeting while discussing our plans for the year. The extraordinary enthusiasm of the incoming class will continue to strengthen SOMA’s presence on campus and further osteopathy in the region. We look forward to working with our new members and colleagues in order to ease their transition and make it a successful year for all.

Future Projects
Our chapter executive board and its members are always looking to advance our education, our chapter, as well as our profession. To date, various projects are in the planning stage. Such events include a health fair, breast cancer walk, an online “ROUNDS” blog compiling weekly articles of interest for students to browse through, and student/faculty softball game, just to name a few! NYCOM SOMA anticipates a successful year ahead full of academic enhancement, individual and group achievement, as well as overall well-being.

NYCOM SOMA is extremely excited about attending the SOMA and AOA conferences in New Orleans this Fall. We look forward to meeting you all there!

Respectfully,

Anna Sharovetskaya, OMS II
New York College of Osteopathic Medicine
SOMA National Liaison Officer
It was with great enthusiasm that the TouroCOM SOMA Chapter held elections for a new Executive Board from the Class of 2012. The newly elected students hold high standards for this Chapter, in the hopes of continuing and capitalizing upon a culture established by the outgoing E-Board. They have set a “precedent for success,” to borrow the sentiment from their own June 2008 Chapter Report, and we intend to continue it.

In an effort to continue TouroCOM SOMA’s role as a premier organization on campus, we have published our first newsletter to introduce the new E-Board and Committee Chairs to the Class of 2012 and 2013. We also held Osteoblast!, a social event to welcome the incoming Class of 2013 and the returning Class of 2012. Following is a list of TouroCOM SOMA’s activities since the inception of the new E-Board, by committee, as well as upcoming goals for the organization:

- **Our Preventive Medicine Committee** has continued two programs that are becoming a cornerstone for our Chapter: the “Fresh Start: Building a Healthy Harlem” program at the Leadership Academy (PS 57) in East Harlem and our Sexual Education Workshops at Frederick Douglass Academy in Harlem. At PS 57, we have taught two grade school level classes a curriculum of nutrition, childhood obesity and healthy living every week, culminating in a required Regional NYC-wide examination. With high schoolers at FDA, we volunteered to teach several workshops addressing the risks of STI transmission, transmission prevention and teen dating violence. The committee also held a Yoga Mat Sale and distributed pamphlets for heart disease prevention.

- **Our International Health Committee** held an International Medical Book Fair, collecting books for children in Africa. We are also preparing to hold a Doctors Without Borders Meeting in the upcoming Fall Semester after much interest was vocalized from the general membership.

- **Our Osteopathic Principles and Practices Committee** continued with Friday “OMM Slam Sessions,” student-led OMT demonstrations in the OMM lab that offer students the opportunity for additional practice with techniques. We have also embarked upon a new project to produce and distribute videos detailing OMT manipulation on YouTube with the intention of reaching not only our own membership but the osteopathic community at large.

- **Our Professional Development Committee** has been working hard on a revamped SOMA website which will feature the newsletter, including ongoing activities of each committee. Among this committee’s upcoming efforts are workshops on researching residencies and an ERAS walk-through to familiarize 1st and 2nd year students. We will work with OMS-III’s to discuss their experience with ERAS, Boards as well as issues they are currently facing in their 3rd year with the hopes of giving subsequent classes some familiarity with the process to begin planning and to manage expectations and anxiety.

- **Our Fundraising Committee** joined with the Preventive Medicine Committee to hold the Yoga Mat Sale and also ran the NCAA Tourney in March. The Membership Drive is currently underway, featuring a scrubs/OMT lab clothing pre-sale and AOA pin giveaway, which began during Orientation Week for the Class of 2013 and kicked off our next year of fundraising efforts. The momentum of the first week of classes culminated in Osteoblast!, a welcome party for the incoming Class of 2013 and returning Class of 2012.

- **Our Minority Affairs Committee**, in conjunction with the TouroCOM Chapter of American Medical Students Association (AMSA), will hold a medical Spanish workshop for students.

- **Our Political Affairs Committee** also led us to the second annual “DO Day on the Hill” in March to great success. TouroCOM’s delegation grew stronger yet and returned to NY to discuss the experience of engaging in the political process.

- As a SOMA-wide effort, we intend to establish as an ongoing series of discussions, the first of which will come from our **Political Affairs Committee**. The “Pizza and Politics” brown-bag luncheon will present skills in understanding and navigating state-level and federal-level policy and the way in which medical students can impact their outcome. The second slated luncheon discussion will address the cutting-edge issue of Health Literacy: what it is and the physician’s role in acknowledging, evaluating and addressing the patient’s health literacy level.
We are looking forward to our first SOMA meeting of the new academic year, open to all members and non-members. We plan to have a luncheon meeting during which we will raffle off the Netter’s Atlases we received from Nationals, along with scrubs and a few books we collected from upper classmen. It will serve as the first opportunity for students from both classes to learn more about planned events during the upcoming year with TouroCOM SOMA.

We proceed into the 2009-2010 academic year with much enthusiasm for continued growth as a young organization and as young professionals. As the sophomore Executive Board of TouroCOM SOMA, we hope to implement and solidify a culture of interclass communication and support with efforts to bring together members of the Class of 2011 as well as the entering Class of 2013. We are also excited to help enrich student life from all aspects of an osteopathic education: technical, professional, and political, always with the community in mind.

Respectfully,

Shailee Upadhyaya, OMS II
TouroCOM-NY
SOMA National Liaison Officer

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University of Medicine and Dentistry of New Jersey School of Osteopathic Medicine

Our UMDNJ- School of Osteopathic Medicine SOMA Chapter has been extremely excited and enthusiastic about this new school year 2009-2010. In August, UMDNJ-SOM induced 135 students into the Class of 2013 at the White Coat Ceremony. SOMA was present to welcome new students and their families at the student club fair. On August 5th, SOMA was proud to host our annual Orientation week “Osteoblast” celebration at Swanky Bubbles Champagne Lounge here in Cherry Hill, NJ. Kudos and congratulations are due to our Treasurer, Patricia Frey OMS-II, for all of her efforts to plan, organize and pull off what has been called the greatest Osteoblast in UMDNJ-SOM history! We had over 300 guests between students, interns, residents, faculty, friends and family, many of whom are former or current SOMA members. The UMDNJ SOMA chapter executive board would like to thank Dr. Elliot Ames, our chapter’s faculty advisor, Dean Kathy Lambert and Dr. George Scott for showing their support for our efforts. One of the highlights of the evening was the live band, whose members include UMDNJ-SOM’s own Dean Micciche, Drs. Niedecker and Desai. The executive board would like to thank them for their outstanding performance and for contributing to this unforgettable experience.

Our chapter is pleased to report that we had over 100 new students attend our first general interest meeting and so far, we have 66 new SOMA members from the class of 2013, which is over half of the total number of OMS I students. In addition, our chapter is continually pushing to following through with our flash drive fundraiser. Presently, our chapter is overseeing nominations for Mentor of the Year Award. Our Vice President, Rebecca Smith, OMS-II, is overseeing this effort and is doing an outstanding job of soliciting and coordinating nominations from all four classes. The chapter is thrilled to bestow this honor annually to that faculty member who has contributed to and provided opportunities for students to develop professionally, academically, and personally while maintaining a strong appreciation for and adherence to the principles and values of our Osteopathic tradition.
As fall approaches, we have many events to anticipate. On September 16\textsuperscript{th}, UMDNJ-SOM SOMA and AMSA chapters will be co-sponsoring a live book “webinar session” with Howard Dean, MD. As a physician, former Governor of Vermont, and author of \textit{Howard Dean’s Prescription for REAL Health Reform}, Dr. Dean is considered to be a leading expert on policy issues related to and expanding and extending health coverage while he is simultaneously regarded as a pioneer in the way of implementing universal health coverage policies. On Thursday, September 17\textsuperscript{th} it will be an honor for us to have Dr. Leonard, an attending psychiatrist within our UMDNJ-SOM system come give a talk about stress within the medical field as we promote awareness during “Suicide Prevention” week. Dr. Leonard will come speak and lead a discussion about suicide and the types of signs/symptoms to look for in those that are at an increased risk.

On the horizon, upcoming events for this fall are the Student Osteopathic Surgical Association’s annual Fall Festival where we host children and families from our community. Our SOMA chapter hosts a Smores table for the children. We are also immersed in planning “Boards Week”- a week long series of events among which is a panel of OMS III and IV students to guide OMS II through the process and to provide them with tips for success, a raffling of books and study materials, and a workshop from the Center for Student Academic Resources (CSAR). In addition, we are looking forward to our fall SOMA international health, research, and cultural events.

Sincerely,

Jennifer Luo, OMS II  
UMDNJ-School of Osteopathic Medicine  
SOMA President

Katherine Cannon, OMS II  
UMDNJ-School of Osteopathic Medicine  
SOMA National Liaison Officer
Here in Maine, the sun is shining, the leaves are changing and you can feel the crisp clean ocean air as it blows in from the Atlantic. There is no better place to be in the fall except, New Orleans for the SOMA Convention of course. We will be sending 4 representatives to the Convention in October (2 first year and 2 second year students). This year we started off our membership drive at the C&O fair in the middle of August and it is currently an ongoing process. One of our strongest recruitment tools has been the SOMA Insurance option.

In the past month our focus has been on recruitment and increasing first year involvement. We held our first meeting a few weeks into the new academic year in which we had a good turn out of new first year members. At this meeting we explained the organization of SOMA, the fall convention, held elections, and discussed some of the activities we would like to hold this year. We also discussed that one of our goals for the 2009-2010 school year is to have a greater emphasis on service to the communities of Southern Maine.

So far we have several new fundraisers planned, our business card sale is one that will be beginning within the next month and a SOMA sweatpants sale for later on in the year. We will be participating in a community event at the end of September called Chalk on the Walk for the children of the Biddeford/Saco area. We also plan to work with undergraduate students from the University of New England as mentors to those who are interested in pursuing a career in Osteopathic Medicine. Other possible activities include SOMA-Lympics, volunteering at our local soup kitchen, preventive medicine activities to promote healthy lifestyle, such as a fitness challenge, bringing in clinicians for lunch time lectures and many more.

It seems this is going to be a very exciting year for UNECOM SOMA. We have a great group of first year students who we anticipate doing great things for SOMA, UNECOM, and the Southern Maine community. We look forward to seeing all of our colleagues from across the country at the convention in New Orleans.

Sincerely,

Kenneth J. Visalli Jr., OMS II
University of New England College of Osteopathic Medicine
SOMA National Liaison Officer

Virginia College of Osteopathic Medicine

As new officers at the end of the school year, we participated in Community Safety Day with other VCOM clubs, headed by the emergency medicine club, on June 6 2009. Blacksburg Safety day was to help educate the community on what it means to be a DO, as well as educational and rescue lessons to parents and kids on safety and health.
During our summer break we enjoyed a community cookout where families and students came and socialized with some faculty and friends. We ended the night with a movie for everyone at the school.

We returned back from the summer conference excited to get started with the new school year, having just won the Most Politically Active award and having a better understanding of how important our roles are. To get the school year started off with a bang we had an ice cream social and trivia night that was a huge success, welcoming new students and reconnecting 2nd years and faculty. The weekend after our ice cream social, we worked with SGA and class representatives to organize the 1st annual Back to School Social. This was a semi-formal event that invited the entire school, as well as family and friends for a night at on the dance floor. We look forward to the upcoming events and are excited about seeing everyone in October.

Tentative events for the upcoming school year:

- Political Awareness- Monthly political coffee talks, Health Reform forums, March: D.O. Day on the Hill in the Spring—trying to increase attendance
- New web design for webpage, making it more informative and easier to use
- Social- Community Hiking Trips, 80’s night Party, Game Night, Community Frisbee Golf tournaments, Movie @ the local theater, Winter formal (GALA)
- Fundraisers- CPR masks to sell at Club Fair in November, CiCi’s Night, SOMA T-shirts, Better World Books to be set up on VT’s campus at the end of each semester, try to raise enough funds to charter a bus for students to go to D.O. Day on the Hill in the Spring
- Started organizing a pre-SOMA chapter with VCOM’s new post-Bac program with hopes to become a nationally recognized chapter within the year
- VOMA-Sending people to state VOMA conference, Adopt a highway
Welcome to New Orleans for a weekend of Halloween fun and, more importantly, progress in Osteopathic Medicine! For some of you, this may be your first experience with the Student Osteopathic Medical Association. For others, you know the ropes and I hope you will embrace your leadership and speak up on behalf of your fellow classmates. And for our veterans who have been here numerous times, I expect that you all will be the example that continues to move this great organization towards great things.

Throughout this school year, I have chosen to take specific interest in seeking the opinions of the 10,000 plus students attending Osteopathic schools. While this seems like a daunting task, it can only be done with constant communication between the local chapter leaders and myself. I have worked hard to maintain a constant line of communication with them and have encouraged them to do the same with their constituents. So, I ask that you take this note as a promise and a bit of reassurance that if you have any concerns with Osteopathic medicine or your Osteopathic education please do not hesitate to contact myself or any of my fellow Board members and we will be here to do whatever we can to respond to your concerns.

For those of you in Region II, thank you all for coming and representing our region. I encourage all of you to stay involved and voice your opinions while you are here and after you leave. So have a great time in New Orleans and make sure to take a little time to get your nose out of the books and meet some new friends.

Very Respectfully,

Matthew Reynolds, OMS III
Nova Southeastern University College of Osteopathic Medicine
SOMA Region II Trustee
Region2@studentdo.com
Hello from LECOM-Bradenton!

We started this year at LECOM with a strong membership drive and recruited many new first year students. At our first meeting, we discussed our goals and ideas for the year with more to come. We are currently planning several events and a number of fundraisers. We have also planned to hold diabetes screenings this fall at several local health fairs. Last year our screenings helped identify a number of at risk individuals in our community.

Our chapter is also hosting a Mini Medical School at two local middle schools to help educate young students about health care issues and the medical field. Additionally, we are going to host an informal health care politics discussion at a local restaurant with both students and faculty invited to attend and share ideas and opinions.

In October we will be joined by Dr. Robert McCann, D.O. who will be speaking about health care reform. Dr. McCann will be running in a primary election this year for the Florida House of Representatives. Our SOMA chapter will have a number of representatives attending the fall convention. However, due to several large exams, many of our students will be unable to attend.
Osteoblast: This August, SOMA hosted the 2nd Annual Osteoblast to welcome the class of 2013 to LMU-DCOM. The well-attended after-school party included a barbeque buffet, dunk tank, pie throwing, face painting, latex glove water balloon toss, crutches relay race, and an expansive club fair. It was a great kick off to the new school year!

Sports Physicals: SOMA hosted several opportunities over the summer and fall for students to perform pre-participation sports physicals on area youth. Supervised by faculty physicians, medical students were able to utilize the skills learned throughout their first year to evaluate musculoskeletal, HEENT, genitourinary, and cardiovascular systems, as well as check vitals, vision, and urinalysis of over 300 community youth athletes.

Membership Drive: LMU-DCOM is pleased to announce the addition of 65 new SOMA members who joined during the 2009 membership drive. This is approximately 41% of the incoming 2013 class.

New Member Scholarship: SOMA has posted a $250 scholarship, plus lodging and registration fees, to one new LMU-DCOM SOMA member to attend the Fall SOMA Convention in New Orleans. The winner will be selected in October based on their answers to short essay questions.

Fundraising: Due to great success last year, SOMA is continuing their Spaghetti Lunch fundraisers throughout the year on OMM Exam days. This provides convenient, filling food to stressed out students between their written exam and lab practical while allowing SOMA to raise funds for such events as Osteoblast and national conventions.

2009-2010 SOMA Officers:

President: Jessica Barnes
Vice President: Meghan Young
NLO: Amanda Stephens
Treasurer: Courtney Walsh
Secretary: Tracy Thompson
Our year down here at NSU-COM has gotten off to a good start. In early August we held an event known as “Osteoblast” for the first year medical students. This year the event was a semi-formal dinner, and allowed the first years to meet some of the faculty and second year students.

In late August we held our membership drive where we acquired 177 new members. As for the future, we are organizing a forum with OPAC to help educate our students on the new health bill.

Thank you,

Robert Morgan, OMS II  
Nova Southeastern University College of Osteopathic Medicine  
SOMA National Liaison Officer

Ohio University College of Osteopathic Medicine

After a great summer off, the OUCOM-SOMA chapter leadership team returned to campus on August 31st, refreshed and eager to welcome the class of 2013 into the SOMA family! Although our first officer meeting on September 3rd brought some disappointing news, we are determined to face the challenge of ensuring transportation for OUCOM students to attend DO Day on the Hill.

Many students expressed interest in joining SOMA at our first recruitment event on September 8th and we’re looking forward to changing that interest into commitment at our first General meeting on September 21st, as we set forth our vision for the year. Additionally, we hope to elect enthusiastic leaders to chair our various committees.
Goals for the 09-10 Year:

1. **Increase Member Involvement**
   - We are meeting this goal by having current SOMA members encourage their friends and acquaintances, especially those in the Class of 2013, to participate in all that OUCOM SOMA has to offer.

2. **Increase recruitment for incoming class (Goal: 80%)**
   - This is a high goal, but we hope all of our efforts (i.e. Netter’s raffle, benefits promotions) will result in increased membership.

3. **Increase Exposure of OUCOM, SOMA & Osteopathic Medicine on campus & in the community**
   - We are attacking this goal at different levels: Encouraging early involvement in OUCOM student organizations, leading to national positions for OUCOM students; encouraging student attendance at various conventions (AOA, SOMA, etc); encouraging students to participate in poster competitions and write articles for Osteopathic Publications. We are also planning Osteopathic awareness events for this November and next Spring.

During the rest of the year we look forward to again co-sponsoring National Primary Care Week and the Career Medical Specialties series; volunteering at the Goodworks Friday Night Supper and the Unity Project; being politically active through Policy Puzzles and DO Day on the Hill; raising funds for UNICEF, Better Worlds Books, and Goodworks; and implementing new ways to show OUCOM-SOMA’s “Drive and Commitment to Excellence.”

David Frey, OMS II
Ohio University College of Osteopathic Medicine
SOMA President

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**Pikeville College School of Osteopathic Medicine**

At the Pikeville School of Osteopathic Medicine, the momentum of our local SOMA chapter is in full swing. Last May, we were fortunate to have Dr. Josefina Lopez from the University of Kentucky come to visit and present a guest lecture. Dr. Lopez attended medical school in Venezuela and received a PhD in Spanish Literature from the University of Kentucky. Moreover, she provided a Medical Spanish Seminar to assist our mission teams with their efforts to communicate with their patients. Also in May the PCSOM participated in the Pike County “Relay for Life” event. In conjunction with “Relay for Life”, we held “DO’s on the Go” which is a community outreach program where people can be treated with OMT free of charge and have the opportunity to ask questions about osteopathy.

Over the summer, we had two different mission teams travel outside the country. The first team, consisting of five PCSOM students, traveled to Guatemala on a mission supported by Children’s Aid Missions International. These students observed various surgeries and conducted a clinic at a girls’ orphanage during a two- week span. The second team spent one week in the Dominican Republic. In total, twelve students and one faculty member treated over 840 people and held various ministry events.
During the first week of orientation for the incoming class, we sold t-shirts in a fundraising effort. At the end of the week, a cookout called Osteoblast was held to allow students to interact with their classmates, faculty, and their families in an informal atmosphere. During the third week of August, we held our first inaugural meeting to discuss future events, fundraising and to elect our first year liaison positions.

The remainder of the semester will be incredibly busy for our local chapter. During the third week of September “Habitat for Humanity” will be in town and we will be participating throughout the week. Later in the month, we will have our second meeting of the year with speakers from local elementary schools in attempts to start a new mentorship program. Another “DO’s on the Go” is anticipated in October. During October we will also be reaching out to the undergraduate population in the local Pre-SOMA chapter. This will consist of an informal question and answer session about the true life of a medical student, and will conclude with a tour of the facilities at PCSOM. Near the end of the semester we will have Dr. Pope, a PCSOM faculty member, to discuss the Medical Reserve Corps and a representative from MSU-COM to discuss the statewide campus system.

Philadelphia College of Osteopathic Medicine
Georgia Campus

Recent Accomplishments

- New Member Recruitment
  - Co-sponsored an orientation event to a Braves baseball game
  - Welcomed 47 new smiling faces to our SOMA family!!
- Medical Mission Trip to Belize in June very successful
- D.O. Day on the Hill 2009
  - Highest GA PCOM turnout thus far with 57 students attending
- Updated our chapter’s Constitution
Goals for the Coming Year

- Establish Pre-SOMA chapter for our Biomedical Science graduate program
- Community Service: Breast Cancer Benefit, 5K Road Race, Adopt-A-Road Clean-up
- Minority Affairs: Darius Goes West movie screening with Darius attending for Q&A session
- International Health: Belize was a great success, Keynote speaker: Int’l Medicine physician, Dr. Grogg, Community refugee clinic outreach programs
- Political Affairs: Healthcare Reform speaker, Monthly newsletter
- Fundraising: Roses at White Coat, Night out w/ Docs
- Preventive Medicine: Yellow Ribbon Program for suicide prevention
- Research: Submitted abstracts to Fall Convention poster symposium, establish Journal Club
- Professional Development: Establish relationship with Grady Health, highlight D.O. specialists

West Virginia School of Osteopathic Medicine

WVSOM SOMA’s officers for the 2009-2010 school year are:

- President: Alicia Isom, OMS-II
- NLO: Rupali Sharma, OMS-II
- Vice-President: Mike Hughes, OMS-II
- Treasurer: Aileen Ruffino, OMS-II
- Secretary: Mayoora Muthu, OMS-II

We are all looking forward to having a great year with SOMA!
We hit the ground running and have been hard at work organizing our membership drive and planning several fundraisers and community service events. We officially kicked off our membership drive on August 13 and are continuing to recruit new members. We also had a Committees meeting where both new and old members could learn about the 11 SOMA committees we have at WVSOM: Clinical Clerkship, Political Affairs, Publications and Public Relations, Service, Public Health and Preventative Medicine, International Health, Minority Affairs, Pre-SOMA, Research and Development, Medically Underserved, and Green. The Green Committee is a creation of former WVSOM SOMA President Brandon Tolman, OMS-III and SOMA member Kyle Keene, OMS-III. The Green Committee has worked hard to push for Green Initiatives, establish and maintain a campus recycling program, and organize recycling drives during large events organized by the Lewisburg community. While unique to WVSOM, we hope that other SOMA chapters will establish their own Green Committee.

We recently completed our first big fundraiser: a flower sale during WVSOM’s White Coat Ceremony. For $2, students were able to purchase yellow carnation boutonnieres to dress up their white coats during the White Coat Ceremony held on September 12. Not only did the first-year students purchase the boutonnieres for themselves, but several second-year students also purchased boutonnieres for their friends and mentees in the first year class.

Next up for our chapter is our “Casino Night in New Orleans” fundraiser for the Fall Convention. The fundraiser will take place on September 18 from 8pm-midnight and will feature traditional casino games including, Blackjack, Craps, Roulette, and Texas Hold ‘Em, and other non-traditional games including Deal or No Deal and Guitar Hero. There will be an auction and raffle for great items and prizes donated by local businesses and faculty and staff. Live music will be provided by Travis Riddle and the Bourbon Street Sound, a local popular New Orleans-style jazz band. We hope it will be a big success!

We look forward to seeing everyone in New Orleans!
Region III Chapter Reports

Region III Trustee

Jeremy Curtis

Region III: CCOM, DMUCOM, KCOM, KCUMB-COM, MWUCOM, OSUCOM, TCOM-UNTHSC

First, I would like to thank every school in Region III for their creativity and insight during our Summer Meeting in Chicago. This year in particular, many schools reported their membership drives to be arduous with significant financial challenges requiring creative solutions for membership recruitment. While several schools ultimately found their membership drives to be successful, a few schools found their drives to be less consistent than usual with smaller numbers and difficult environments. We will use our time in New Orleans to explore each membership drive and share ideas that worked and other ongoing challenges. This exchange, like our time in Chicago, will be an outlet between those with extra ideas to share and those hoping to find a new strategy not only for membership, but also for their goals throughout the year.

After fully examining the workings of our membership drive, we will set clear and individual goals for our chapters. As a region, we will work for the goal of monthly projects specifically with a preventative medicine focus. We began this process in the summer and will continue in New Orleans as well. After hearing some really new and innovative ideas during the summer, I believe that our time together will be best spent brainstorming and sharing our experiences thus far and concerns for upcoming events.

I hope while in New Orleans to reassert my commitment to be available for problem solving and management for each campus. As such, we will discuss the best means of communication for our group and the forms of mass media that work and do not work from the National Board and BOT. We will end our time together by honestly evaluating our performance thus far in order to focus the rest of our short year on the missions of both the campus and SOMA.

It has been a pleasure working with you.

Sincerely,

Jeremy C. Curtis, OMS III
Chicago College of Osteopathic Medicine
SOMA Region III Trustee
Region3@studentdo.com
The loss of the AOA Netters’ Drive was certainly a big hit for SOMA here at CCOM. Nonetheless, we still managed to bring in almost two-thirds of the incoming class! With this boost in membership over our projections, our budget is in the black and we are looking forward to several great events and speakers for our members. Fundraising for the chapter continued to do well as the SOMA-sponsored Medical Equipment Sale took place just before Labor Day weekend. Despite the increase in students purchasing their own equipment online, we still came away with good numbers and more students continue to place orders through our vendor.

Our first general SOMA meeting was a huge success! Almost the entire first-year class attended, and showed genuine interest in getting involved with our chapter. Each of the five committees had well over a dozen new members. Two of the committees, International Health and Preventative Medicine, had over twenty-five new members. We are looking for great things from each of the committees over the course of the year. They are each expected to host at least one major speaker/event, and plans are already rolling to exceed those expectations.

**The Osteopathic Awareness Committee** met during the week of September 6th to discuss long-term goals for the year. Such goals included getting the osteopathic message out to local high schools, gaining a presence in undergraduate university pre-med offices, and creating long-term contacts at several regional universities.

**The Research Committee** had a recap of multiple summer research projects before talking about goals for the year. Since many applications are due during our winter quarter, the committee chair has already urged many members to get ideas started in order to obtain research grants for their summer off. Working with on-campus faculty and national contacts, the research committee looks to expand their presence on campus and give all necessary resources to those interested in research.

**The Preventative Medicine Committee** is working with the Preventative Medicine Club this year as our committee chair is the President of the club. This should prove a powerful combination. They are already planning multiple events for Breast Cancer Awareness Month in October, including a panel of survivors and a bowling fundraiser.
The International Health Committee is planning on meeting soon to outline their goals for the year. They are looking to expand on last year’s events like AIDS Awareness Week and get their message out campus-wide.

The Minority Affairs Committee is also planning on meeting within the next two weeks to set goals for the year. They are especially looking to increase their awareness and presence on campus with multiple speakers and community outreach events.

Co-chair applications for the five committees will be sent out mid-September and we expect to select those positions by early October. Like last year, some of the larger committees may end up having two first-year co-chairs. First-year liaison position applications are in the process of being sent out.

We are looking forward to another excellent year for SOMA here at CCOM. Our previous e-board did an excellent job of outlining a successful year, and we are looking to top our achievements from last year. With the help of our new President-elect of the AOA (our Dean, Dr. Nichols), SOMA is looking to be the student organization on campus once again.

Sincerely,

Daniel Nolan, OMS II
Chicago College of Osteopathic Medicine
SOMA National Liaison Officer

Des Moines University College of Osteopathic Medicine

The effort to maintain high membership has been a struggle for DMU this year. The big Club Day has past, but it went well. The President-elect of IOMA and her secretary came with pencils and welcome packets for new members. We also gave them scrub-pants. 88 students signed up from an incoming class of over 225. Right now there are 102 paid members.

We held a meeting with committee chairmen to get them excited and make goals for the year. Each committee is holding their first meetings and choosing their first year co-chairmen. We held our first full club meeting 2 days after the club day. Each of the committee leaders spoke about their committee and we passed around sign-up sheets. During the meeting we had the President-elect of IOMA speak and she gave a lot of support for SOMA.

The executive board has chosen 5 first year liaisons. We have been planning our biggest fundraiser. Welch-Allen and Littmann will present and we will take orders for Physical Diagnosis equipment. For National Osteopathic Month, we are holding a banquet, where a prominent medical speaker will speak with the students. We are looking at either getting the Surgeon General or President Carlo Dimarco to speak on Preventative medicine. This evening we had a Question/Answer session for students to ask specialists (members of IOMA) about residencies and rotational sites. We will have a BMI booth at the upcoming Senior Health Fair.

The Political Action Committee held their first meeting and is selecting their first year co-chair next week. They are organizing a health reform panel as a new project and will be organizing events with IOMA as well as DO Day on the Hill.
The Interscholastic Committee had its first meeting. They made plans for a volleyball tournament to raise money for Camp Amanda, which is a camp for special needs children. They are expanding their efforts to get more schools involved than last year.

The Community Outreach Committee started their main event, which is “What’s in a Doctor’s Bag.” 90 of our students will go to elementary schools and show the children medical equipment to prepare them to go to the doctor. They scheduled 4 dates for this fall.

The Research Committee is yet to have their first meeting, but they have been in contact with their new students via email. They have scheduled a Student Research Showcase in December with faculty speakers. They organized a faculty research presentation in November. They plan on organizing a journal club for those interested in discussing research findings.

The Pre-Soma Committee has not had their first meeting, but has gathered information on the student’s undergraduate pre-professional advisors. They plan to get in contact with them to go do presentations to their Pre-Med students throughout the year.

The Minority Affairs/Cultural/International Committee has held their first meeting and they have had their first activity. They had a Diversity Picnic with international food and posters with information on different cultures. Other activities they have planned include: Diwali Festival of Lights, International Fashion Show, Chinese New Year/Brazilian Carnaval.

The Preventative Medicine Committee held their first meeting and discussed their monthly event of helping with the Boys and Girls Club to educate children on healthy living. They also plan on organizing a charity event each semester.

Our new Homeless Outreach Committee has met and plans to begin weekly visits to Homeless Camps. They will bring food and drinks to help and get to know those in need.

Our Fundraiser Committee has met and divided responsibilities for the rose sale fundraisers and PD equipment sales. They are working on new ideas and will meet again to discuss them at the end of this month.

Overall, we are excited about the ideas we have to make SOMA huge at DMU!
A.T. Still University of Health Sciences Kirksville
College of Osteopathic Medicine

The SOMA-KCOM chapter has begun the 2009-2010 school year with much anticipation to continue past traditions and add new ideas that will enhance our presence on campus and in the community. SOMA-KCOM kicked off the year by donating a giftbag for the Class of 2013 Orientation and participating in a school-wide club fair. At the club fair, we showed off posterboards of SOMA-related events, distributed membership and benefits information, raffled off four new Netter books and several SOMA-KCOM gangrene grocery bags. We had a successful membership drive registering 39 students and seeding interest in many others.

In order to further recruit new members and begin a solid year, an all-campus informational meeting was held as SOMA’s first meeting last week. A well-formatted comprehensive introduction was presented about national SOMA and our local chapter. Future events, such as DO Day on the Hill, the Unity Project and the New Orleans conference, were promoted; and various opportunities were encouraged, including some of the current scholarship opportunities. In addition, a powerpoint presentation was given on DO Day on the Hill by two of last year’s attendees; current officers were introduced and the new first-year positions were made known. Several students have already shown interest in attending DO Day on the Hill and the Unity Project. The meeting was supported by the Student Advocate Association, who provided a meal for all attendees.

New at SOMA-KCOM this year is the plan to add “junior officers”, who will shadow current officers and gain early exposure to leadership in preparation for a smoother transition next year, for better communication between classes, and for a more active leadership. These positions will be unofficial first-year positions. We are excited about this idea and look forward to working closely with the new SOMA leaders.

Upcoming events in the near future include a service project “Forest Lake Clean-Up” with the Kirksville Watershed Management Commission, representing SOMA in the Truman Parade (Kirksville-wide student parade organized by Truman University), and a physicians’ panel discussion on the ongoing health care reform.

An exciting project unique to SOMA-KCOM is our BLS program that was started last year by our past president, Brad Scoggins (OMS III). As all students are required to be BLS (Basic Life Support) and ACLS (Advanced Cardiac Life Support) certified before third and fourth year rotations, this program gears to BLS CPR certify all first and second year students at KCOM. The project is partnered with Alpha Phi Omega and the Daraban Simulation Center at KCOM. In addition, it is our goal to raise student instructors, so that the program will be a continual all student-run program. Sign ups have begun for this year.

The SOMA-KCOM chapter looks forward to this exciting year ahead as we continue to plan events and opportunities, partner with other campus organizations and our local community, improve our communication with national SOMA, and strive to be an asset to our students on campus. For any comments or inquiries, please feel free to contact me. Thank you!

Esther Rhee
SOMA-KCOM
SOMA National Liaison Officer
KCUMB started out the year with a full schedule planned for 2009-2010. This year KCUMB-SOMA worked on several fundraisers to promote awareness of our organization to incoming first year students by having Professional Photography packages set up at the Annual White Coating Ceremony. During the first week of classes we held a welcome breakfast for the first and second year classes to talk about what SOMA has to offer them and why they should join. We handed out pamphlets (with information on how and why to join), pins and folders with tons of information about our local chapter as well as everything SOMA nationals can offer them.

The KCUMB –SOMA chapter had a booth at our Club Week and we recruited a majority of our members during that membership drive. Unfortunately, we have had an alarming response of “no” to joining SOMA without the free Netters even when told that they would receive a significant discount on the Netters and multiple other discounts. Although SOMA is not the largest club on campus at KCUMB, overall the membership drives for the rest of our clubs has also decreased this year as more students are pinching their pennies.

Nevertheless, we are continuing our membership drive with other incentives. We have gotten a large majority of our members from their interest in the meetings and events that we have lined up this year. We are having many events which includes; volunteer opportunities, various guest speakers, a Fall Social Networking event to talk to various Residency Program Directors in the surrounding area, a CV building workshop, Micro/Immunology Crash Course, Anatomy Mock Practical, Healthcare Reform Panel Q&A and sponsoring a Clinical Skills Lab in the spring that over 8 different clubs will participate in for SOMA members only. We will be electing a first year representative at our next meeting which is this Thursday.

Our officers are working overtime to come up with new ways to get our name out there and to raise money to send more students to SOMA events in the future. We held a book sale of board review books that our own officers and previous members donated. We are also in the process of setting up a chili feed and selling coffee and bagels in the fall. We are already getting interest from students both first and second years for attending DO Day on the Hill in DC in the spring as well as having members and officers attend SOMA Nationals and the AOA national conventions in October/November. In the fall, we will be promoting Osteopathic awareness by going out and talking to Pre-medicine clubs at Universities in the Kansas City/Metro.

Volunteer experiences started this summer with donating clothing to a local women’s shelter in KC, working at Harvesters which is an organization that collects and distributes processed goods to homeless shelters and those in underserved areas. Our officers and members just recently volunteered at a community church preparing meals for “shut-in’s” and delivered the meals to them. Healthy Hearts was started by some of our KCUMB members and officers that helped plant a community garden with fresh fruits and vegetables that are given to school children in the area. We go into local schools and teach them about healthy eating choices and the benefits of exercise, promoting overall preventative care for the body, mind and soul. We are also responsible for delivering the produce and keeping the garden watered and maintained throughout the growing season.

KCUMB-SOMA is very grateful this year to have a great group of officers and members that are committed to making a positive difference in 2009-2010. Although we have been very busy thus far, we still have a lot of projects to complete by the end of this term. We are looking forward to continuing to promote the SOMA mission both locally and nationally.

Stephanie L. Marcy
KCUMB-COM 2012 DO/MBA Candidate
KCUMB-SOMA President 2009-2010
smarcy@kcumb.edu
The 2009-2010 E-board began their respective positions this past June with unified goals and a great deal of enthusiasm for the coming year. Our first goal encompasses our theme for the year, “Who are D.O.s?” Our mission is to promote education about our profession to our community, undergraduates, and colleagues. Also, our E-board wants to make SOMA more of a presence at MSUCOM by getting non-E-board members more actively involved. Furthermore, we are working toward collaborating more with other MSUCOM organizations.

In effort to promote our goals for the year, our E-board constructed a SOMA board in the hallway of MSUCOM. The board is meant to challenge the general membership and their commitment to SOMA. Our board is titled “WHO is SOMA…YOU are SOMA (with an actual mirror below the slogan). Other pertinent information regarding event information, benefits, and pictures of past events are also included on the board. Our board won the competition of best student organization board from a total of 30 other organizations.

This year was special to MSUCOM because two new extension sites were opened in southeastern Michigan. Orientation for the Class of 2013 consisted of students from all three sites in attendance in East Lansing. The SOMA E-board assisted the administration in planning for the two-day orientation. Our E-board had the opportunity to address the new class, and to explain how SOMA will be a significant part of their medical career. We also provided a healthy lunch and offered our sincere congratulations and support to the class. Our membership drive was very successful with 100% membership participation, which includes 315 new members.

This year has already encompassed new initiatives. An I-clicker buy-back from the Class of 2011 provided the incoming class with a cheaper option of buying used I-clickers. With the cessation of the Netter’s Program, our E-board scrambled to make an agreement with a local bookstore to offer Netter’s Atlas at a discounted rate to the incoming class. Four new committees were implemented this year by our previous E-board: Financial, International, Preventive Medicine, and Osteopathic Practices & Principles Committees. This was done in an effort to better integrate our membership, collaborate with other student organizations, and promote our profession. These committees include non-E-board members from the 1st and 2nd year classes, an E-board member, the respective student organization president, and a faculty member. In addition, our E-board is electing 3 students from each of the new southeastern Michigan sites as SOMA Liaisons for their respected campuses.

The SOMA Big Sib/Little Sib program was continued this year with excellent participation. Through personal applications and questionnaires, we were able to match members of our second year class to the new incoming class as their ‘big sibling’. In order to allow the pairs to meet, SOMA hosted a BBQ at a local park. About 250 students attended the BBQ, and Dean Strampel made an appearance. This past July, SOMA worked with the UAAO to put on a presentation with visiting osteopaths from Italy. The Italians presented on their practice in Italy, the osteopathic profession, and osteopathic manipulative therapy. It was a great opportunity to interact with the international osteopathic family.
Here is what we are planning for the rest of the Fall 2009-2010 academic year

• The Annual SOMA “D.O. Monster Dash” 5k fundraiser for Area 8 Special Olympics and the Friendship Clinic (a free clinic that supports the underserved) – 10/18/09
• The SOMA Medical Equipment Sale – 10/19/09
• Co-sponsoring Primary Care Week with the ACOFP, AMSA, & UAAO. Four different speakers from around the country will be coming to speak at MSU-COM on different aspects of Primary Care
• Medical Student for a Day – an on-going program throughout the year
• Pre-SOMA Summit – 11/13/09
• SOMA T-Shirt Give-A-Way
• Hosting a speaker: Dr. John Licciardone, the Executive Director from the Osteopathic Research Center at TCOM, about OMM research – 11/19/09.
• AOA New Orleans Convention

We are very excited about the upcoming plans! We will continue to represent SOMA with the highest standards and respect. We would like to thank our mentors at National SOMA for your undivided support and encouragement. Thank you.

Oklahoma State University College of Osteopathic Medicine

Monthly Meeting Topics:

• Our officer meetings have focused on the organization of our annual rural health fair and recruitment planning. We have met several times already this year. All of the officers participated in organizing the event, but our Rural Health Fair Chair takes the lead through most of the process.
• Our chapter has added a new position to our executive board: first-year medical student liaison. After seeing the great results from other chapters, our decision has proven beneficial in accurately communicating between first and second-year students regarding SOMA activities.
• Future meetings will utilize SOMA resources and promote osteopathic medicine.

Membership Recruitment Activities

• During orientation week, for our incoming first years, SOMA officers performed a skit showcasing the benefits of joining SOMA and to inform all first years of our annual Oklahoma Osteopathic Association (OOA) meet your physician mentor dinner.
• Our interim Dean and President, Stan Grogg D.O., gave a short plug about joining SOMA on the first day of first year orientation.
• The OOA/SOMA dinner was held during first year orientation. The dinner introduces first year students to their physician mentor assigned by the OOA and gives them an opportunity to join SOMA before classes start. We had roughly 150 people in attendance, including OOA physicians and first year medical students. This was the most successful OOA/SOMA dinner we have ever hosted.
• SOMA had a booth at the OSU-COM club fair held the second week of school. Our booth showcased the activities SOMA host on our campus while giving the SOMA executive board a chance to further encourage new students to join SOMA.
• This year we chose buy black scrub pants with “SOMA” screen printed on them. These pants were given to each new member as an incentive to join SOMA.
• New members were also informed of the discounted Netter’s available to purchase.
• We successfully recruited 99 of the 102 incoming students. Our membership dues were $85.

Community Service Activities
• On April 4th, 2009 our annual Osteopathic Scrub Run took place, benefiting the LifeShare Organ Donation Charity. The run includes a 1-mile fun walk, a 5K run and a 10K run. This year our 10K race was named in honor of Lo Dietrich, a two-time lung recipient, who speaks to our campus yearly about her experiences as an organ recipient. The 1-mile fun walk and 5K run were also named in honor of organ recipients whom have had a significant influence on our campus. Flyers and advertisements, to encourage local involvement, were posted in local athletic stores, coffee shops and restaurants. Runners consisted of transplant recipients, their families, OSU-COM students, faculty and staff, and many local athletes. A medal ceremony after the race rewarded the top three runners in each age bracket.
• On September 26th, 2009, from 10am to 2pm, SOMA is hosting a rural health fair in Locust Grove, OK. This is an annual event for the OSU-COM SOMA chapter. Each year SOMA picks a rural town within one hour of our campus to be the site of our Rural Health Fair. The Rural Health Fair is being hosted in combination with Locust Grove’s first Care Fair. SOMA members from the classes of 2012, 2013, and 2014 will participate in this year’s Rural Health Fair. We were able to expand the services offered this year due to a partnership we developed with Locust Grove Family Physicians. Services include blood pressure checks, smoking cessation, blood glucose screening, OMT, vision screening, bone density screening, children’s activities, and many other services. An air-up obstacle course will be a main attraction to help promote physical activity of children. All services at the Rural Health Fair are provided free of charge. We are expecting around 100 students to participate and operated a total of 20 booths related to adult and pediatric health. Our Rural Health Fair Chairman, Chelsea Williams, and other officers are integral in the success of this event.

Service to Your School
• One of the focuses of SOMA’s Rural Health Fair is to raise awareness for Oklahoma State University and Osteopathic Medicine. Banners and flyers containing the school’s logo are incorporated into every facet of the Rural Health Fair. Not only is this excellent advertising for the school, it is also serves to support one of OSU-COM’s missions to provide health care to citizens of rural Oklahoma. Since every club on campus participates the Rural Health Fair also serves to encourage the campus-wide camaraderie while impacting rural Oklahomans.
• Members are encouraged and reminded to apply for SOMA scholarships through email updates sent out periodically by our national liaison and chapter president. The list contained the name of the scholarships, eligibility information, deadlines, and the amounts.

Fundraising Events
• Rural Health Fair t-shirts were designed and sold by SOMA as a fundraiser. T-shirt cost was $12. The money raised by t-shirt sales will be used to support the Rural Health Fair. Volunteers paid $6 instead of $12 for their Rural Health Fair shirts.
• A grant proposal was submitted to the OSU-COM Student Senate to provide funds for SOMA’s Rural Health Fair. A grant of $300 was awarded in support of the rural health fair.
• Requests for financial aid have been made to the Oklahoma Osteopathic Educational Foundation to support our activity throughout the remainder of the academic year.
• Existing members bought their own black “SOMA” scrub pants given to the new members.
• Future fundraising events will be directed for SOMA’s annual Osteopathic Scrub Run and other campus activities.
Future Events/Activities
- We are planning an evening dinner meeting with OSU medical center residents. The purpose is to share with the student body issues of the current political/medical climate.
- We hope to have the OSUCOM Dean of Rural Health address our student body about challenges and benefits of rural practice.
- SOMA with our local chapter of SOIMA is planning to bring in Oklahoma Osteopathic physicians to share how they use aspects of their Osteopathic training in their practices.
- The SOMA officers are also beginning to plan this year’s Osteopathic Scrub Run.

University of North Texas Health Science Center at Fort Worth Texas College of Osteopathic Medicine

TCOM SOMA started this year with a struggling membership drive, with about 40 new members signing up. We assumed it was from the lack of free Netters this year, since they were a major driving force in recruiting new members. In addition to the membership costs, we improvised and raised money for SOMA by selling SOMA T-shirts left over from the previous year. We raised ~$150.00 this way. Our introductory meeting went well, with many eager new members and great ideas for future events and meetings.

SOMA hosted an internship and residency fair last February, in which some of the top residency programs all over the U.S. came and spoke with students interested in their programs. It provided an opportunity for our students to get valuable information about the process of seeking and obtaining residencies. SOMA set up the tables, helped with equipment set up, and provided food and refreshments to all our guests. This turned out to be a great success, and many students felt it was a beneficial event. We plan on carrying this event out again.

A big topic on our campus was the possibility of starting an M.D. program at our health science center. UNT System Chancellor, UNT System Board of Regents and the UNTHSC President will sponsor a study that will be led by a Study Group to complete a comprehensive evaluation and consider all major issues related to the possibility of adding a parallel MD degree option in addition to continuing and improving the DO degree program of TCOM. Members of the Study Group Staff include UNTHSC administrators, faculty and staff. This upset many students, and they felt that this would diminish the Osteopathic integrity. Of course, not all students opposed to it. SOMA was a big part in providing information to students about what was going on in the background, explaining the policies on the topic, and answering questions. Many people had speculations, and a lot of students just flat out had no idea what was going on. Our main goal was to educate our students in understanding the effect the MD option would have from both perspectives, informing students what was going on at Board meetings, how this would effect residency spots and establishing spots at John Peter Smith Hospital, and the current direction the school is taking toward this option.

SOMA is partnering up with AMSA in hosting a lecture series consisting of 4 lectures on healthcare reform. One of four lectures was given 2 weeks ago, and consecutive lectures include the role of insurance companies, what Obama’s plan addresses and aims to fix, and many other issues regarding the current healthcare situation of this country. Many faculty and students at TCOM attended the lecture, and the speaker was very engaging.

We plan on making TCOM SOMA chapter more active this year, and will continue to inform the National chapter of our progress!
With the reorganization of SOMA regions, Region 4 has had the privilege of taking in the two newest DO schools located in Colorado and Washington. The inaugural classes have taken tremendous initiative and set a very positive tone for their campuses and SOMA chapters. We are looking forward to continued and increased contributions from PNWU and RVUCOM at the state and national level in the near future.

Our Region has responded well to the challenges facing SOMA this year, and our chapters have gotten creative with ways to recruit new members. While final numbers are not in, the forecast looks better than expected for new membership. Activities on each campus are underway and fundraising has already begun for chapter and national SOMA activities. Health screenings, 5K run/walks, blood drives, YMCA volunteering, student panels for 1st years, white coat ceremony rose sales and t-shirt sales are only a few of the activities our chapters have participated in. Service and helping the incoming classes are at the top of almost every chapter’s lists.

On the political front, many of our chapters are looking forward to DO Day on the Hill in the spring, already recruiting and fundraising for that awesome event. A couple chapters also have individuals actively involved in current events affecting our profession and medicine as a whole. Regardless of the pending changes to the medical field, in Region 4, we believe that DO’s are uniquely placed to meet the challenges of our patients. We feel that activities like DO Day on the Hill, state lobby days, and bringing speakers into individual chapters will help educate and prepare our chapter for whatever political landscape we graduate into.

The SOMA summer conference in Chicago was very productive, and the Region 4 meeting specifically was full of questions and shared ideas. Region 4 is going to stress the strength and growth of our Osteopathic student community, and encourage increased chapter-to-chapter communication. Each school has unique ideas, and beyond chapter leaders communicating we want the typical SOMA member to be involved and form connections with students from other DO school. We want bonds to form that last longer than conventions and we want those who are unable to attend national meetings to be included in the discussion. We want every member to take ownership of SOMA. One of the ways our Region can connect is through Facebook and we can be found at the following page: Student Osteopathic Medical Association (SOMA) Region 4. Every DO student in the West Coast and Colorado is welcome to join, collaborate, contribute and make connections with other Region 4 students. Region 4 is all about positive energy and true teamwork in the representation of our schools, SOMA, and the Osteopathic profession.

Andrew Nelson, OMS III
Western University College of Osteopathic Medicine
SOMA Region IV Trustee
Region4@studentdo.com
A.T. Still University of Health Sciences School of Osteopathic Medicine in Arizona

Recent Events:

• **Rose Sale** – In late July, we welcomed our third class to ATSU-SOMA! We sold roses at their White Coat Ceremony held at the local performing arts center. With pre-orders and on-site sales, this was a very successful fundraiser for our chapter to kick off the school year!

• **CHC Representative Selections** – Our unique program is designed so that only the 1st year students are located at our home in Mesa, AZ. For years 2-4, each class gets split into groups that are sent to work in one of our 11 Community Health Center locations around the US. In order to keep our SOMA chapter in close contact and help organize events across the nation we had an application process with selection of the following members by the board and advisor for SOMA Representatives at each of the 11 CHC campuses:

  - Alabama- Binal Patel
  - Hawaii- Justyna Wadalowski
  - Seattle- Brad Dayton
  - Brooklyn- Jissy Thomas
  - Ohio- Stephanie Schroeder
  - California- Vanessa Desousa
  - Phoenix- Brooke Gray
  - South Carolina- Laura Johnson
  - Tucson- Eleanor Price
  - Flagstaff- Jonathan Osgood
  - Portland- Rachel Litzkow

• **Community Health Center Campus Reports** – Our CHC Representatives have now settled into their new homes across the country. Each Representative made a document for the 1st year students about their schedule and experiences at their community campus in order to give the 1st years more insight into what each campus offers, as they will begin the process of selecting their preferred community campuses in October.

• **Recruitment Speaker** – Being spread across the country, recruitment of the new first year members is a challenge on our campus. Our NLO was able to meet the class of 2013 over lunch and give a presentation about SOMA. During the meeting, our chapter advisor, Dr. Mitch Kasovac, spoke to the class about his experience as AOA president and the “birth” of the SOMA organization. He was very inspirational and helped us get a little extra push for recruitment!

• **Fall Elections** – Once again due to the unique set-up of our program, we held elections for board positions of vice-president, secretary, treasurer, and sub-committee chairs in August with the new class of 2013, as these positions are more effectively run from our main campus site. We gladly introduce the new members of our board:

  - Vice-President- Nick Hardin
  - Treasurer- Noel Blanco
  - Secretary- Erin Murphy
  - Community Outreach Chair- Simrat Singh
  - Minority Health Chair- Charisse Chin
  - Political Affairs Chair- Chad Taylor
**Upcoming Events:**

- **Buddhist Foundation’s Free Clinic Day** – We have been lucky to have a SOMA member involved in the local Buddhist Foundation, Tsu Chi, obtain contacts with a local physician who organizes a biannual free clinic day for the uninsured. Services include: internal medicine, pediatrics, OB/GYN, dental, vision, and acupuncture. Our SOMA chapter will participate in the upcoming clinic day on November 7, 2009 as medical student volunteers. Each student will be paired with a physician and will be able to help by performing physical exams, annotating chart notes, and dispensing medications as they rotate through the different stations.

- **Business Cards** – We have been working with our Dean to get approval to do a business card fundraiser for this Fall semester. Our program is only a few years old and our students are spread all over the country, so we are very excited about getting business cards for students for networking.

- **Banner Gateway Healthcare Volunteer** – We have set up a volunteer opportunity with Banner Gateway (a local hospital in the community). Students will be able to do monthly or bi-weekly shifts where first year students will be able to round the floors and speak with patients. This is a great opportunity to become more comfortable with patient interaction skills.

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**Arizona College of Osteopathic Medicine**

**Accomplishments:**

- The club had a successful trip to Washington, D.C. last spring. Nineteen members made the trip to D.O. Day on the Hill & the SOMA convention. All the new 2009-2010 officers attended and had a great experience.

- The elected SOMA officers for the coming school year are: Darren Hall, President; Scott Mcshane, Vice President; Adam Lundberg, National Liaison; David Nye, Secretary; and Eric Huish, Treasurer.

- Our National Liaison, Adam Lundberg, attended the summer SOMA convention in Chicago. The information regarding activities, membership drives, and fundraising was extremely helpful in bettering our SOMA chapter. It was an informative, productive, and fun time!

- This year’s membership drive is still currently under way! At AZCOM’s Club Week we passed out free t-shirts and pens to first year DO students to help get the word out about SOMA. We will be holding another membership drive pizza party in early October to sign up more members.

- Over the summer we held two fundraising events to help raise extra money for the club. We officers thought that last years Lobby Day was a great way to get members interested in political issues and SOMA. We would like to send as many members to the 2010 Lobby Day as possible.
AZCOM Lobby Day 2009

Upcoming Events:
- The club’s president, Darren Hall, has already planned our first activity. We will be volunteering at the Diabetes Walk for the West Valley on September 26, 2009. We will be providing blood sugar & blood pressure screening to attendees of the event.
- In late October we will be conducting our second “Pizza & Politics” session. We will have MWU faculty and students come together to discuss health care reform. It will be a university wide event with members & non-members in attendance.
- Our club will be selling roses at our annual White Coat Ceremony in November. We will be promoting SOMA & the osteopathic profession throughout our campus while completing a great fundraiser for our club. All first year DO students will be receiving a DO pin compliments of SOMA.

SOMA Club Week 2009

SOMA AZCOM is looking forward to successful year ahead filled with great learning experiences and fun activities!

Adam Lundberg, OMS II
Arizona College of Osteopathic Medicine
SOMA National Liaison Officer
All 75 1st year students have been recruited to SOMA!!

We are excited to get them up-to-speed with all that SOMA can do for career development, our profession, and the communities.

PROJECTS:

David Hoschek, our SOMA President, has gotten support of the entire student body and administration and started a Free Health Clinic in our community of Yakima, WA. This clinic opened in March 2008 and has been a huge success. It is open every other Saturday and located at the local Union Gospel Mission. Students volunteer to work the front desk, take vitals/intake, and student doctor. There is also a physician from the valley who volunteers to oversee and help up learn. This clinic does an awesome service to the community plus helps us build our H&P skills.

Erika Kinzer, our SOMA NLO, teamed up with the Sports Medicine club and challenged the student body to take charge of their own health. The purpose of the project was to motivate and educate our future doctors to be more health conscious and be role models for the patients. Participants were required to perform fitness testing, body fat testing and keep food and activity logs for 6 weeks. Finishers received a copy of the book Ultra Metabolism by Mark Hyman, MD and aluminum water bottles.

President- David A. Hoschek   NLO- Erika D. Kinzer
Vice President- Heather R. Preissler  Treasurer- Sarah N. Steele
Secretary- Jennifer A. VanCleave
Hello SOMA from RVUCOM,

This year has already been exciting as we enter our second round as a SOMA chapter. This year affords us the opportunity to truly set the tone for our chapter’s traditions and successes for years to come. Last year we were only able to build the skeleton of our chapter, but this year we can begin to add the details to that will allow it to grow into its own. To that end, we have had a strong start.

We started the year off by hosting a day of games and activities, and a picnic for the new students and their families. The new students were given a chance to meet each other, as well as explore their new home of Colorado with seasoned second year SOMA members as guides. Each event was widely attended, and proved a great way to introduce our chapter to the incoming class. We were also able to bring in some extra money by selling roses at our school’s white coat ceremony. This was very successful for us, and will no doubt become a yearly fundraiser. The highlight of the year thus far, though, was providing free sports physicals for middle school students of Denver. Helping to give these sports physicals was the culmination of months of planning that began last year!

This semester we will be moving ahead steadily following our membership drive. We have been working hard to encourage new membership from the incoming class, and while competing for their extracurricular time, energy, and money has been challenging, we are confident that the future of our chapter is in dedicated, capable hands.

Throughout the semester we will be holding themed meetings each month, inviting speakers to come, and holding small events throughout the month to coincide with the theme of the meeting. We recently held our major organizational meeting to decide on our committees and chairmen. We are very excited to continue with committees that were successful last year, such as our Rocky Run 5K, as well as beginning new committees, such as our Parade of Lights committee for the Holiday season.

Last year was focused on setting precedent for our Chapter. This year will be about establishing traditions. We are thrilled to be back for a second year, and are very excited for the fall convention in New Orleans!
SOMA Touro – CA started off the school year strong with a panel for first year students called, “Top of the Crop: Survival and Success in Medical School.” Four second-year SOMA panelists answered questions and talked about lessons learned in time management, studying and exam taking, and keeping a balanced life-style. There were approximately 30 first year students in attendance. Our new chapter advisor, Randall DeArment, D.O., made a surprise appearance and talked about the perks of joining SOMA. After this meeting alone, we had twelve students register for SOMA!

In addition to helping the first years become oriented, we just had our first general meeting of the year, where we held elections, determined personal goals for the year, and reviewed budget and event execution logistics. Club day was a huge success as we were able to recruit 50% of the class of 2013 to join SOMA, bringing our membership total to 224.

Our Pre-SOMA Chair, Andrew Ho OMS II will be setting up a big/little sib program between our members and the pre-SOMA chapters at SF State/UC Berkeley and UC Davis this year. Jason Duong OMSI, our Historian/Photographer, would like to create an interactive media presentation that we can use for our pre-SOMA outreach. Our International Health Chair, Jack Tseng OMS II, and Community Service Chair, Adam Krouse OMS II, are running a book drive to benefit Books for Africa, which should be complete by the end of the year. Bradley Stauber OMS II, our Preventative Medicine Chair, is coordinating our participation in a local health fair at the end of September. Anthony DiGiorgio OMS II, our Research Chair, will be running a workshop on creating curriculum vitae and resumes in November. Robert Lugo, OMS I, is planning a workshop for the Vallejo community to be executed at the free community clinic some time this semester. Robert may also team up with our Political Affairs Chair, Nicole Pursell OMS I, to write a resolution that Touro – CA can bring to Spring Convention. Nicole is currently working with our President, Robyn Young OMS II, on helping to overturn the recent merger of the naturopathic licensing board into the Osteopathic Medical Board of California (OMBC). Nicole and Robyn are going to advocate at the state capitol and write a letter to the Governor which all of SOMA can sign.

We are off to a great start this year!
Touro University Nevada College of Osteopathic Medicine

TUNCOM SOMA has had a great year so far. Our new member registration has been more successful than previous years. We started the year with a fund raising T-shirt sale that has been very popular with the new members. The next event was a suture clinic that has been held by TUNCOM SOMA every year, and this year the turn out was great. Many of the attendees really enjoyed their first opportunity to learn the skills that will make them great D.O.’s. There was a successful turnout for the first general meeting of the year. The new members were very excited to join SOMA which will help them network with such an established national organization. The first year elections for committee heads went very smoothly and we are in the process of getting those committees together and planning great events for this coming year.

Coming up just around the corner, on October 3rd, is an American Cancer Association Breast Cancer Awareness walk. We will be putting together a team of TUNCOM students that will be representing Touro and SOMA at this event. Our future plans include selling flowers at TUNCOM’s graduation, participating in this year’s Unity Project, holding the always popular fund raiser Casino Night and hopefully having just as good of a turnout for D.O. Day on the Hill as last year.

This year has started off for us as hopefully a very productive and rewarding experience. The first year members have all shown great enthusiasm for being involved and we have great expectations of what the new year will bring.

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Western University of Health Sciences College of Osteopathic Medicine of the Pacific

Since the start of the school year, the Board of Western University of Health Sciences College of Osteopathic Medicine of the Pacific’s chapter of SOMA has been very active in accomplishing our tasks of promoting the club, increasing/maintaining membership, promoting Osteopathic medicine, keeping the students up-to-date with political news, and raising funds for future activities. By advertising the club through e-mails and word-of-mouth, we have worked tirelessly to give interested students information about what our organization offers: leadership opportunities, participation in national/local events, SOMA Insurance, discounts, and numerous resources that will benefit Osteopathic medical students.
Foremost amongst these preliminary activities is our participation in Western University’s annual club day, which helps spread information about the numerous on-campus groups. Attracting great foot traffic with raffles, SOMA used this platform to recruit new members, while also informing interested people about who we are and what we provide for students as an organization.

Another one of our goals is to increase awareness about the field of Osteopathy and making it more relatable on a day-to-day basis for students. To this effect, we asked a professor, Dr. Raymond Hruby, to give such insight. With wisdom and humor, he related many anecdotes that highlighted cutting-edge research, current issues that affect our field, the state of Osteopathy throughout the world, and perception of D.O.’s in popular culture.

As expected, our SOMA student body has also been very interested in the recent political issues that address national healthcare reform, and thus, several of our members listened to the “GOAL Alert – White House Physician Conference Call.” We plan on following up this important discussion with a presentation/debate at our school regarding healthcare reform and how it will affect the future of Osteopathic medicine.

Finally, with regard to maintaining SOMA club membership and raising greater funds, several strategies have been devised. One of our main suggestions was to promote the discounts SOMA already offers for board review study guides and materials used during rotations. Another major idea was to advertise SOMA health insurance as a better alternative to what our university currently offers. Information about this health insurance was e-mailed to incoming students, placed in orientation packets, and advertised on popular websites, such as Facebook.

Future projects include fundraising activities such as bake sales and attending TV-show tapings. Furthermore, we plan on booking other speakers to give talks about subjects that are important to students, such as: national healthcare, 3rd/4th year rotations, volunteering internationally, etc. Moreover, we also have several events that are currently being planned to help our local community, like conducting Blood Drives, Health Fairs (where we will screen the local residents for various ailments), and continued participation in the Better World Books Drive.

As always, SOMA has proven its value as the most important club on campus. From providing a variety of student benefits to continually serving our local community, WesternU COMP’s chapter of SOMA has set a high standard of excellence, involvement, and enthusiasm in order to make our club the best it can be.
BOARD OF TRUSTEE
APPLICANTS

President
Crystal Lenz
Matthew Reynolds

Vice President/Speaker of the House
Nick Perkins

Treasurer
Jeremy Curtis

Foundation Chairperson
Kathryn Miner

Foundation Director
Nate Bergman

Membership Coordinator
Lauren Brankle
Dear SOMA House of Delegates:

My name is Crystal Lenz, I am a third year osteopathic medical student and the current Membership Coordinator for National SOMA. At the Fall 2009 HOD meeting, I intend to run for the SOMA Board of Trustees position of President. I have been involved with SOMA for 4 years now, originally as a Pre-SOMA member, founding the Pre-SOMA chapter at the University of Colorado at Boulder in the fall of 2005. I have attended 9 national conventions, will be participating in my 4th DO Day on Capitol Hill in April of 2010 and was inducted this past spring into the Omega Beta Iota Political Action Honor Society. I served 2 years as inaugural chapter president of the LMU-DCOM SOMA chapter at Lincoln Memorial University in Tennessee and served one year as National Pre-SOMA Director before being voted into my current position of Membership Coordinator. Since beginning my relationship with SOMA back in 2005, it has been a dream of mine to one day become National SOMA President. I cannot believe how the past 4 years have flown by and I now find myself fully prepared to make that dream a reality.

Because of my long-term involvement with SOMA at virtually every level, I feel that I am perfectly suited to become the next SOMA President and lead this wonderful organization down the successful path that previous leaders have paved for us. I have a deeply rooted commitment to the continued success of this organization, I have spent years learning the ins and outs of SOMA and developing my leadership skills both in and outside of SOMA, and I can say with confidence now that I am well prepared to take on this highly demanding role and work with my fellow SOMA leaders to bring this organization to the next level.

As National SOMA President, I plan to continue the great work that previous leadership teams have done over the years under the guidance of such inspiring leaders as Marty Knott, Alan Shataji, Kristina Manion and AJ Stefani. I plan to continue assisting Nick Perkins with ushering SOMA into a more technologically advanced era of streamlined membership and convention registration, online clinical clerkship databases and members-only access to our growing list of discounts and benefits. I plan to work with the newly elected treasurer to continue the amazing work that Raul Mirza and Owen Speer have done to organize our records and balance our budget, allowing SOMA to be a more fiscally responsible and successful organization. I plan to work closely with Kristine O’Sullivan and Randy Roash to help grow SOMA into more of a professional organization with a solid foundation of a sustainable budget and well established programs and projects that will be continued throughout the years. I will continue to work with the newly elected VP and Convention coordinator to enhance the quality of our national conventions, maximizing the educational, social and functional aspects of each convention, making them more hands-on and diverse in order to get more members involved and excited about this fantastic organization that we are all an integral part of!
I am going to work closely with the region trustees and local chapter leaders to create a better sense of community among all members by creating more joint projects and programs between various schools and regions and opening up the lines of communication to allow a steady flow of information sharing amongst the chapters and between local and national leaders. I plan to establish a SOMA Alumni Association to better facilitate the continued communication with past members and keep the SOMA spirit alive even beyond graduation. It is my vision that this alumni association will bolster the SOMA spirit and contribute to the social and financial well-being of the organization. I am going to encourage the clinical clerkship coordinator to aggressively seek to expand our new online database and encourage all SOMA members to utilize the database when seeking elective rotations across the globe, offering their input and feedback along the way to improve the system with each experience. I am going to really emphasize the importance of political involvement and work with the director of political affairs to instill in every SOMA member the pride and sense of responsibility that will drive each of us to get involved and let our voices be heard, playing our part in shaping the future of healthcare policy in this nation.

I will work with our public relations coordinator and director of publications to aggressively spread the word about SOMA, who we are, what we do, and why we are such an integral part of the Osteopathic profession and healthcare system at large. I plan to work with our minority affairs director to come up with some creative ways to reach out to our own minority members as well as to recruit more minority students to choose a career in Osteopathic medicine and work towards bridging the gap in healthcare disparities at all levels. I will work with our Osteopathic principles and practices coordinator to ensure that we not only have high quality OMM workshops at each convention, but that OPP resources are made available to our members on a regular basis and that all members are continuously encouraged to utilize this unique tool that we as aspiring DO’s possess in order to enhance the health and well-being of our patients. I intend to place more emphasis on research, encouraging SOMA members to get involved in research and enter their work in our annual competitions, sharing their findings with the entire Osteopathic community. And finally, as Pre-SOMA has always been so near and dear to my heart, I will continue to work with the Pre-SOMA Director to expand the undergraduate division of our organization, empowering existing chapters to become more active and involved and establishing new chapters at colleges and universities across the country in order to help get the word out about Osteopathic medicine and recruit like-minded students to join our growing Osteopathic family!

I look forward to the opportunity to continue serving SOMA and hope that you will support me with your vote for the position of President.

Sincerely,

Crystal R. Lenz, OMS III
DeBusk College of Osteopathic Medicine,
Lincoln Memorial University
National SOMA Membership Coordinator
Curriculum Vitae - Crystal Lenz

Telephone: 719-244-6543
Email: Crystal.Lenz@lmunet.edu

Current Address: 2175 N. Ellicott Hwy.
Permanent Address: 2175 N. Ellicott Hwy.
Calhan, CO 80808
Calhan, CO 80808

Educational Background

Lincoln Memorial University- DeBusk College of Osteopathic Medicine 2007-Present
Candidate: Doctor of Osteopathic Medicine
Anticipated Graduation: May 2011

University of Colorado at Boulder, College of Arts and Sciences 2002-2007
Bachelor of Arts Degree in Molecular, Cellular and Developmental Biology (2007)
Bachelor of Arts Degree in Integrative Physiology (2007)

Research

University of Colorado Sleep and Chronobiology Laboratory: Undergraduate Research Assistant
April 2005-May 2007 (0-15 hours per week)
Responsibilities include assistance with all aspects of laboratory research from subject recruitment to Polysomnography set-ups, subject care, data acquisition and interpretation, and general sleep and chronobiology literature research and review.

Honor Societies

Omega Beta Iota Political Action Honor Society: Member March 2009-Present

Extra-curricular and Volunteer Activities

SOMA (Student Osteopathic Medical Association)
- April 2009-Present (2-10 hours per week): National Membership Coordinator
  Responsible for maintenance of SOMA membership records, recruitment of new members and oversight of annual membership drives, dissemination of information to members, and voting as BOT member on all SOMA issues brought to the table.
- April 2008-April 2009 (2-10 hours per week): National Pre-SOMA Director
  Responsible for maintenance of existing Pre-SOMA chapters and establishment of new chapters, recruitment of new members, dissemination of information to members, and helping Pre-SOMA members with their efforts to get in to medical school.
- August 2007-May 2009 (5-10 hours per week): President of Inaugural LMU-DCOM chapter
  Responsible for establishment of a new chapter of SOMA at LMU-DCOM, recruitment of members, appointment of additional officers, creation of chapter constitution and establishment and execution of all events and programs on the local chapter level.

ACOFP (American College of Osteopathic Family Physicians): Treasurer of LMU-DCOM Chapter
October 2007-March 2009 (1-3 hour per week)
Responsible for establishment and execution of all fundraising efforts of the ACOFP chapter at LMU-DCOM, as well as tracking and managing all incoming and outgoing monies.
...Continued: Extra-Curricular and Volunteer Activities...

SOSA (Student Osteopathic Surgical Association): Member
August 2007-Present (0-2 hours per week)

UAAO (Undergraduate American Academy of Osteopathy): Member
August 2007-Present (0-1 hours per week)

LMU-DCOM Wilderness Medicine Club: Member
August 2007-Present (0-1 hours per week)

LMU-DCOM: Student Ambassador
August 2007-May 2009 (0-1 hours per week)
Responsible for giving tours to and answering questions for perspective students and interviewees at LMU-DCOM as well as any other guests to the college.

Pre-SOMA Chapter of CU-Boulder: Founder and Executive Director
November 2005 to May 2007 (5-15 hours per week)
Responsible for establishment of a new student group on the CU campus, recruitment of members, networking with local D.O.’s and the greater Osteopathic community, and planning and execution of all programs and events.

Student Association of Pre-health Professionals (SAPP): Vice President of Osteopathic Medicine
September 2005 to May 2007 (2-5 hours per week)
Responsible for coordinating and facilitating all meetings and events pertinent to Osteopathic medicine and spreading awareness of osteopathy to all SAPP members.

Foundation for International Medical Relief of Children (FIMRC):
-August 2006 to May 2007 (0-5 hours per week) President
Responsible for coordination, planning and execution of all events from mission trips to local outreach, fundraising and supply drives, membership management, and communication with the National FIMRC board.
-January -June 2005 (0-5 hours per week) Mission Trip Coordinator
Responsible for coordinating all logistics of planning and executing the Spring Break 2005 Medical Mission trip to Costa Rica.

CU GOLD (Gaining Opportunities through Leadership Development): Core Leadership Program
January-May 2006 (2-4 hours per week)
The program is comprised of a weekend leadership retreat, weekly seminars addressing pertinent issues in leadership, and the development of a personal leadership mission statement.

Chancellor’s Leadership Residential Academic Program/Ethnic Living and Learning Community
August 2002-December 2004
This program incorporates living environment, classroom education, and extra-curricular workshops and retreats aimed at leadership development and promotion of cultural awareness.

CU Hiking Club: Member
December 2005 to May 2007
Relevant Occupational Background

Lincoln Memorial University DeBusk College of Osteopathic Medicine

**Jan-May 2009 (0-4 hours per week) Osteopathic Principles & Practices TA**
Responsibilities include in lab and out of lab assistance in helping other LMU-DCOM students learn and practice their Osteopathic Principles & Practices skills.

**August 2007-December 2008 (2-4 hours per week): Anatomy TA/Tutor**
Responsibilities include in lab and out of lab assistance in helping other LMU-DCOM students learn anatomy and prepare for both written and more specifically practical exams.

University of Colorado Student Wellness Program

**May 2006-May 2007 (10-35 hours per week): Paid Student Coordinator**
Responsible for planning and execution of all peer-educating efforts, volunteer recruitment, training and management.

**January-April 2006 (2-10 hours per week): Volunteer Peer Educator**
Responsible for participation in all peer-education events designed to educate students and faculty in all areas pertaining to health and well-being and promote wellness throughout the CU-Boulder community.

Home Instead Senior Care: Paid Caregiver

**March-December 2006 (0-24 hours per week)**
Responsible for in-home care of elderly and/or ill patients

High Intensity Training (HIT) Center: Volunteer Intern/Personal trainer

**August 2005-January 2006 (16 hours per week)**
Responsible for metabolic testing (VO2max, RMR, Body Composition), fitness testing, nutritional counseling and personal fitness training with clients of all ages.

Maxim Home Healthcare: Volunteer Intern

**August-December 2005 (4-10 hours per week)**
Responsible for scheduling and managing patient files.

Educational Conference Participation

-SOMA (Student Osteopathic Medical Association) Conventions: Spring & Fall 2006, Spring & Fall 2007; Spring, Summer & Fall 2008, Spring, Summer & Fall 2009
-SOSA (Student Osteopathic Surgical Association) Conventions: Spring 2008 & Spring 2009
-University of Colorado Cancer Conference: 2007
-University of Colorado Graduate Student Symposium on Stem Cell Biology: 2006
-Colorado State University Colloquium on "Health Promotion & Disease Prevention": 2006
-Colorado Society of Osteopathic Medicine's “CME in the City” conference: 2006
-Colorado Cancer Conference: 2004

Additional Interests

Candidate for President
Matthew Reynolds

To Whom It May Concern;

I would like to take this opportunity to formally announce my candidacy for the position of SOMA National President. Currently, my duties are as Region II Trustee of the Board of Trustees for SOMA. Prior to my time as trustee, I worked as Chapter President at Nova Southeastern University.

I have been involved with SOMA since I first arrived on an Osteopathic campus and I could not be happier with the experience that I have had as a result. The Student Osteopathic Medical Association has provided me with numerous opportunities ranging from networking with residency program directors to social opportunities with some amazing colleagues who have also taken a great interest in student involvement. Perhaps the most valuable thing that I have gained from SOMA is the experience of learning how to lead and how to represent others on a level that not everyone may be willing to. Throughout my three years of service it has been a goal of mine to maximize productivity and to work as efficiently as possible. With that being said, it is my intention to carry these attributes over to the Presidency of SOMA.

If elected to lead this great organization, I intend to put students and their opinions and ideas on the forefront of my agenda. We have an amazing opportunity to influence the governing body of Osteopathic medicine, the AOA, and I want to be sure that they are aware of the concerns of the students. Secondary to that, I will demand that all leaders involved with SOMA actively pursue the opinions of their classmates as so often, these thoughts get overlooked or, worse, never heard at all.

An equally important duty involved with leading an organization of such magnitude, comes the responsibility of ensuring long term stability. Given the recent down turn of the economy and its effect on our budget and programs, it is essential to reevaluate the efficiency and effectiveness of all of the programs that we are involved with. Minimizing costs while providing maximal support and benefit to the students will most definitely be the priority. I will openly accept opinions and ideas for any and all projects throughout my tenure as President.

I look forward to the opportunity to continue to serve the voice of the students and to continue the positive influence that the Student Osteopathic Medical Association has provided for so many years.

Very Respectfully,

Matthew Reynolds, OMS III
Nova Southeastern University College of Osteopathic Medicine
National SOMA Region II Trustee
Curriculum Vitae - Matthew Reynolds

MATTHEW R. REYNOLDS
104 N. METEOR AVE
CLEARWATER, FL. 33765
CELL: 386-847-0285
REYNOLDS.MATT1@GMAIL.COM

I am currently a third-year medical student in the College of Osteopathic Medicine at Nova Southeastern University. Originally from Miami, Florida, I began my undergraduate studies at Barry University where I also played intercollegiate baseball as a two-year starter and was a member of the National Honor Society. After transferring to the University of Florida to pursue my passion for medicine in the College of Health and Human Performance, I graduated in 2006 with a B.S. in Applied Physiology and Kinesiology and concurrently completed my EMT training at Santa Fe Community College. Throughout my academic career, I also maintained internships and jobs related to my interest in athletics and medicine. Over the past few years, I have worked as a Health Camp Counselor for high-school students, an Exercise Physiologist for patients with a history of cardiac problems, and as an Aquatics Instructor for mentally and physically disabled children. I attribute my strong desire and drive to succeed to my life experience, strong foundation in sports and education, and close connection with my family. When not studying, I enjoy playing baseball and football, fishing, traveling to exciting places, and meeting new people.

Experience

Summer 2008/09
Everglades A.H.E.C
Davie, Fl
Health Camp Counselor
- Responsible for the well being and organization of 60 high school age students interested in pursuing careers in health care.
- Providing an educational environment for the students to further enhance their knowledge of the health professions and to share what our paths and education has entailed to where we are.

Spring 2007
NFRMC
Gainesville, Fl
Certified Nursing Assistant
- Working alongside the nursing staff, my responsibility was to care for the cardiac patients with which I was assigned.
- Responsibilities included bathing, bed changing, walking, feeding, and any emergent care scenario assistance that I could provide.

Fall 2006
NFRMC – Cardiac Rehab
Gainesville, Fl
Intern Exercise Physiologist
- Determining exercise prescription for patients with a history of cardiac problems.
- Monitoring the EKG’s of those same patients while the performed the given exercise protocols.
- Answering phones, sending faxes and other clerical work that goes along with working in an outpatient medical facility.
2005-2006  
*Shands Orthopedic Institute*  
Gainesville, Fl
Administrative Assistant
- Volunteer Coordinator for Hand Therapy.
- Developed an updated organizational system for inventory control.
- Ensured timely patient flow as well as courteous patient interaction.

Fall 2004  
*Gainesville Rec. Department*  
Gainesville, FL
Adapted Aquatics Instructor
- Taught children with mental and physical disabilities the basics of swimming.
- Collaborated in a group to determine the best plan of action for each child.
- Documented the progression of each child to ensure that growth continued.
- Logged approximately 30 hours of volunteer time

Summer 2003  
*Health South Doctors Hospital*  
Miami, FL
Rehab. Aide
- Assisted physical therapists in a rehabilitation setting
- Learned the intricacies of the rehabilitation process by observation.
- Learned the importance of interpersonal communications between therapist and patient.
- Logged approximately 100 hours of volunteer time

**Education**

2002-2004  
*Barry University*  
North Miami, Fl
- Competed in Intercollegiate baseball as a two year starter.

2004-2006  
*University of Florida*  
Gainesville, Fl
- Senior in the College of Health and Human Performance.
- Maintained a G.P.A. of over 3.0 while taking Pre- Medical courses.
- Graduated Fall 2006 with a B.S. in Applied Physiology and Kinesiology.

2006  
*Santa Fe Community College*  
Gainesville, Fl
- Completed curriculum for basic training as an EMT while interning for the University of Florida.

2007-Present  
*Nova Southeastern University*  
Davie, Fl
- Currently a third year medical student with the College of Osteopathic Medicine.
- NSUCOM Health Policy Consortium Student Leader
- Student Member of the Osteopathic Political Action Committee
- Chapter President of the Student Osteopathic Medical Association
- Region II Trustee for the Student Osteopathic Medical Association’s Board of Trustees
Candidate for Vice-President & Speaker of the House

Nicholas Perkins

Please accept this letter as notification of my intent to pursue the national board-of-trustee position of National Vice President & Speaker of the House for the 2010 - 2011 year. Over the past three years I have served in both local and national positions within SOMA. During my first two years I served as the inaugural National Liaison Officer of the LMU-DCOM chapter where I played an integral part in the establishment of our chapter’s bylaws, constitution and mission. To better serve the membership I enacted a local newsletter to help keep our chapter’s membership aware of SOMA events taking place, as well as, local and national healthcare news of interest. Additionally, I developed our local chapter’s website with integration of each newsletter to allow for a more interactive experience. For this work I was awarded The National Officer of the Year Award in 2008, an award for which I am very proud and thankful.

On the national level I have served in several capacities. My first year on the national level, I served as the National Website Coordinator & Newsletter Editor. This year I have remained the Website Coordinator, but moved on from the Newsletter Editor position and instead have been serving simultaneously as the Member-At-Large for the board-of-trustees where I am representing the national board during board-of-trustee proceedings. During my time on the national level I have helped oversee and program an entirely new website design built on dynamic web 2.0 protocols that allow information to be disseminated to all members in a more expedient fashion. It has also allowed SOMA to begin shifting all membership functions into the digital age. Starting with the 2009 - 2010 year these upgrades have moved the antiquated membership application and payment system into a fully automated process. This system has enabled local and national leaders the opportunity to retrieve membership data instantly in a secure and consistent fashion. I additionally oversaw the creation of the SOMA Foundation’s new website along with implementation of a secure, online donation system. With the guidance of the Clerkship Coordinator I was able to assist in programming and implementing a national clerkship database that will shortly allow all SOMA members access to a unified database of available clerkships during their third and fourth year. I have also had the opportunity to participate in the planning and execution of numerous other smaller projects throughout the past three years with SOMA and it is in the sum of all these experiences and opportunities that I have come to feel a sense of loyalty and gratitude towards this organization.

As a result I would like to reiterate my desire to continue my involvement as the National Vice President & Speaker of the House for 2010 - 2011. While in this position I plan to help steer SOMA further into the technical age while also expanding the services and value of a SOMA membership. I also hope to further instill a sense of pride in our profession, create opportunities for growth and leadership for all those interested and continue to encourage service to the communities which we serve. I appreciate your time and solicit any additional questions and / or comments.

Respectfully Submitted,

Nicholas E. Perkins, OMS III
Lincoln Memorial University DeBusk College of Osteopathic Medicine
Member-at-Large, National Board-of-Trustees
National Website Coordinator
Curriculum Vitae - Nicholas Perkins

PROFESSIONAL PROFILE

3960 Claire Lane, Morristown, TN 37814
Phone (865) 740-0543 · nicholas.perkins@lmunet.edu

EDUCATION

- **DeBusk College of Osteopathic Medicine** (Harrogate, Tennessee) - Doctor of Osteopathic Medicine
  - Aug 2007 - May 2011 (Anticipated)

- **University of Tennessee** (Knoxville, Tennessee) - Bachelor of Arts, Psychology
  - Aug 2002 - May 2007

- **Southeast Community College** (Middlesboro, Kentucky) - Emergency Medical Technician Certification
  - Dec 2001 - May 2002

- **Roane State Community College** (Oak Ridge, Tennessee) - Non-degree seeking
  - Aug 2001 - May 2002

CERTIFICATIONS

- National Incident Management System IC-100, 200, 700 & 800 - Jun 2006 - Present

- American Heart Association Instructor - Basic Life Support - Jan 2006 - Present

- Tennessee Live-Fire Rating - Dec 2003 - Present

- FEMA - Emergency Response to Terrorism - May 2003 - Present

- Emergency Medical Technician - Intravenous Therapy - Feb 2003 - Present

SPECIAL SKILLS

- Proficient in web design & website management
  - HTML, PHP, Javascript, MySQL, Apache, Joomla, CiviCRM

- Working knowledge of computer application programming
  - C, Java, Visual Basic

- Proficient in office & project management software
  - Microsoft Excel, OneNote, Powerpoint, Word
  - Apple Keynote, Numbers, Pages

- Proficient in computer networking design and repair

- Proficient in computer systems routine maintenance and repair

- Moderate language skills in Spanish
COMMITTEES & MEMBERSHIPS

- American Academy of Hospice & Palliative Medicine
  - Student Member
  Dec 2008 - Present

- Emergency Medicine Club, LMU-DCOM Chapter
  Sep 2008 - April 2009
  - Clinical Skills Coordinator - Created and taught emergency medicine relevant classes and workshops.

- Student Osteopathic Medical Association
  Mar 2008 - Present
  - Member-at-Large - Sit as a voting member of the National Board-of-Trustees.
  - National Liaison Officer - LMU-DCOM representative to National SOMA. Aug 2007 - Feb 2008

- Student Ambassador, LMU-DCOM
  Aug 2007 - Mar 2009
  - Introduced students to the university campus, provided tours and assisted with pre-interview question and answer sessions.

- Student Health Advisory Council, University of Tennessee
  - Acted as a liaison between college health services and students, faculty, and staff within the statewide university system.

- Peer Review Committee, Rural/Metro Ambulance Operations
  Jan 2005 - Jan 2006
  - Reviewed Patient Care Reports from Paramedics and EMTs to evaluate patient care quality and recommend improvements as needed.

COMMUNITY PROJECTS

- LMU-DCOM American Heart Association Training Center
  Mar 2007 - Present
  - Organized the establishment of an AHA Training Center to provide BLS, ACLS, and PALS courses to medical students, physician assistants, nurses, and community laypersons.

- Think First Injury Prevention Program
  Sep 2005 - Dec 2006
  - Assisted in presentations to high school students teaching about the dangers involved with drugs, alcohol and other high-risk activities with a main emphasis on neurological injury prevention.

- University of Tennessee Judo Team
  Aug 2005 - Present
  - Provided emergency medical support for participants and spectators at Judo sponsored events.

- Rural/Metro Spanish Field Reference Guide
  Jan 2005 - Feb 2005
  - Designed and implemented usable field reference guide for English speaking emergency personnel to allow for better facilitation of patient care to Spanish speaking patients.
AWARDS & RECOGNITIONS

- Student Osteopathic Medical Association - National Officer of the Year
  Apr 1, 2008

PRESENTATIONS DELIVERED

- Basic Cardiac Life Support - Lead Instructor
  40+ Presentations

- Mass Casualty Incident START & JumpSTART Triage
  Feb 2009

- Advanced Cardiac Life Support - Assistant Instructor
  Oct 2008 & Apr 2009

- Effective Utilization of Microsoft OneNote
  Sep 2008

- “May I Walk You Home?” - Hospice & Palliative Care Medicine
  Mar 2008 & Oct 2008

- Techniques for Injection Administration - Assistant
  Feb 2008

PROFESSIONAL EXPERIENCE

Rural/Metro Ambulance Operations (Knox County, Tennessee)
Emergency Medical Technician
Mar 2003 - Present
Part-time

- Provide emergency medical care to persons who activate the Knox County E911 system.
- Provide convalescent care to patients in need of routine medical transport to definitive medical care facilities.

Union County Emergency Services (Union County, Tennessee)
Emergency Medical Technician
Jul 2004 - Dec 2008
Part-time

- Provided emergency medical care to persons who activated the Union County E911 system.
- Provided convalescent care to patients in need of routine medical transport to definitive medical care facilities.

The Dollywood Company (Pigeon Forge, Tennessee)
Emergency Medical Technician
Jun 2004 - Dec 2008
Seasonal

- Provided routine and emergency treatment to guests and employees while on theme park property.
- Performed OSHA compliance tests and help correct problematic areas.
- Performed regular evaluations of employees to ensure adequate health.

Rural/Metro Emergency Communications Center (Knox County, Tennessee)
Emergency Medical Dispatcher
Feb 2003 - Dec 2005
Part-time

- Maintained flowing ambulance system designed to provide rapid medical response to emergency calls for assistance.
- Provided emergency medical directions via telephone to 911 callers to facilitate bystander medical care while awaiting arrival of advanced care.
- Handled customer related complaints and comments.
Candidate for Treasurer

Jeremy Curtis

First, I would like to thank SOMA for the opportunity so far this year to serve as the Region III Trustee on the Board of Trustees. This position has reinforced my commitment to this organization through first-hand experience with local chapters. These chapters are motivated and organized and have shown me how this organization works daily to connect and empower osteopathic medical students.

In order to best serve SOMA in the future, I have the intention of running for the position of Treasurer on the Board of Trustees. My service so far with SOMA as a member, NLO, and Region Trustee has provided me the necessary experience for this position. Not only have I worked first hand on the chapter and national level, but I have also worked to coordinate communication between the two. Through my work as the Region III Trustee, I have made it a top priority to open communication between the national office and local chapters and among chapters themselves. Our dialogue has been successful thus far and has taught me so much about effective communication and motivation. Furthermore, I have worked directly with local chapters concerning finances. Chapters this year found themselves in a more difficult recruiting position due to the financial climate and the end of the successful Netters campaign. We worked through problems on a chapter by chapter basis in order to adjust budgets and projections based on each chapter’s own financial situation.

As Treasurer, I will continue to work toward a more cohesive organization that values its members and its mission. With connections to all local organizations, I intend to teach and motivate chapters to continue or achieve financial stability and effective fundraising. I will facilitate an open community among all the leaders in order to explore the best approaches to chapter finance and organization.

On a National level, I intend to be present and engaged in debate and dialogue among the members of the Board of Trustees and the National Board. I will use effective organization to best convey my intentions and communicate the necessities of the local and national budgets. I will follow a great precedent set by treasurers in the past to apply timely updates, accurate reporting, and organized records.

I sincerely thank the National Organization for the opportunity to serve this year, and hope to have the same privilege serving as Treasurer of National SOMA in the year to come.

Jeremy Curtis, OMS III
Chicago College of Osteopathic Medicine
National SOMA Region III Trustee
Curriculum Vitae - Jeremy Curtis

Jeremy Curtis
4724 N Bernard St Apt 2E, Chicago, Illinois 60625
312-285-9990
jeremy.ccurtis@gmail.com

Education

D.O. Doctor of Osteopathy
Midwestern University, Chicago College of Osteopathic Medicine, Downers Grove, IL
2007-2011

B.A. Degree in Foreign Languages
West Virginia University, Morgantown, WV
Concentration in French Language and Literature; graduated magna cum laude with 4.0 G.P.A.
2006

B.S. Degree in Biology
West Virginia University, Morgantown, WV
Concentration in Plant Ecology and Anatomy; graduated magna cum laude with 3.7 G.P.A.
2006

Career History & Accomplishments

Kenneth Suarez Research Fellowship, Midwestern University.
• Currently researching under doctoral supervision with the Department of Microbiology and Immunology, Midwestern University
2008-2009

Graduate Teaching Assistant, West Virginia University Foreign Languages Department
• Supervised two entry level courses in French conversation.
• Planned curriculum and teaching methodology
2006-2007

Intern, West Virginia Governor’s School for Math and Science
• Planned and coordinated educational activities for eighty middle school children for one month
• Graphic Design and DVD design
2006

Intern, WVU Summer Research Experience
• Worked with faculty and students to devise summer research projects and funding
• Coordinated funding from WV Department of Education
2006-2007

Honors Community Ambassador, WVU Honors College
• Served as a liaison between honors students and honors staff
• Planned and executed monthly community service activities
• Participated in Honors recruitment
• Represented WVU at National Honors Conferences
2004-2006
<table>
<thead>
<tr>
<th>Research</th>
<th>Midwestern University, <em>Department of Microbiology and Immunology</em></th>
<th>2008-2009</th>
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<tr>
<td></td>
<td>• Environmental Impact on Insulin Modulation of <em>Escherichia coli</em> Biofilm Formation</td>
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<tr>
<td></td>
<td>• Modulation of <em>Escherichia coli</em> Biofilm Formation by Insulin</td>
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<td><strong>West Virginia University, Department of Biology</strong></td>
<td>2005-2006</td>
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<td></td>
<td>• Carbon Modification and Environmental Adaptation in Eastern Alluvian Flood Plains</td>
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<td>Medical</td>
<td><strong>Region III Trustee, National Student Osteopathic Medical Association</strong></td>
<td>2008-2009</td>
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<tr>
<td>School</td>
<td>• Oversee local SOMA chapters in Illinois, Michigan, Iowa, Missouri, Oklahoma, and Texas</td>
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<td>Leadership</td>
<td>• Serve on National SOMA Board of Trustees</td>
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<td><strong>National Liaison Officer, CCOM SOMA</strong></td>
<td>2007-2008</td>
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<td>• Chicago liaison between National Board of Trustees and Local executive board</td>
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<td>• Executive Board Member for CCOM</td>
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<td><strong>Secretary, Internal Medicine Club</strong></td>
<td>2008-2009</td>
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<td><strong>Vice-President, Gay, Lesbian, and Straight Students (GLASS)</strong></td>
<td>2008-2009</td>
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<td></td>
<td><strong>Treasurer, Student Osteopathic Ob/Gyn Association (SOOGA)</strong></td>
<td>2008-2009</td>
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<td><strong>Co-Chair, SOMA Minority Affairs Committee</strong></td>
<td>2007-2008</td>
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<td>Presentations</td>
<td><strong>AOA Poster Presentation, New Orleans, LA</strong></td>
<td>2009</td>
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<td>*Effect of Environmental Conditions on Insulin Modulation of <em>Escherichia coli</em> Biofilm Formation</td>
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<td><strong>Midwestern University Research Symposium, Downers Grove, IL</strong></td>
<td>2009</td>
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<td><strong>Humanities in Film Series, West Virginia University</strong></td>
<td>2006</td>
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<td></td>
<td>• <em>Salut Cousin: The French Immigration Struggle Caught on Film</em></td>
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<td><strong>Virginia Collegiate Honors Council, Morgantown, WV</strong></td>
<td>2005</td>
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<td>• <em>Innovation in Honors Courses: Saving Time and Faculty: Bio-MTV as a Model</em></td>
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<td><strong>National Collegiate Honors Council, New Orleans, LA</strong></td>
<td>2004</td>
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<td>• <em>Student Leadership in Honors: Student Ambassadors as a Model</em></td>
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<td>Volunteer</td>
<td><strong>REST Homeless Clinic, Midwestern University</strong></td>
<td>2007-2009</td>
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<td>Work</td>
<td><strong>Patient Representative, Ruby Memorial Hospital, WVU</strong></td>
<td>2004-2007</td>
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<td>• 300+ hours of service</td>
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<td><strong>Caritas AIDS outreach, Morgantown, WV</strong></td>
<td>2004-2007</td>
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<td><strong>Intensive English Program, West Virginia University</strong></td>
<td>2005-2007</td>
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To Whom It May Concern:

I am writing to declare my intention to run for the position of Chairperson of the Foundation. As a current member of the Foundation, I have a strong understanding of what will be required of me in this position and feel uniquely qualified to fulfill those duties. As the current Assistant Director of Scholarships and Grants, I believe I have already demonstrated that I am a well-organized individual capable of managing both the scholarships and grants position which were previously separate positions.

I also have been working with the current Chairperson and Director closely in organizing the Fall Foundation Reception, which would be my responsibility if I am appointed to this position. I would also offer that I have very good relationships with several of the donors that would facilitate the position change as well. I thank you for your time and for considering me for this position.

Sincerely,

Kathryn Miner, OMS III  
Philadelphia College of Osteopathic Medicine  
National SOMA Associate Director of Scholarships & Grants
Curriculum Vitae - Kathryn Miner

2780 W Country Club Rd, 1st Floor Apt
Philadelphia, PA 19131
(717) 873-3462

70 Oakhill Drive
Hanover, Pennsylvania 17331
(717) 632-2947

EDUCATION

University of Richmond, Richmond, VA, May 2007
Bachelor of Science, Biochemistry & Molecular Biology Major, English Minor

Philadelphia College of Osteopathic Medicine, Philadelphia, PA May 2011

RESEARCH

Undergraduate Research, University of Richmond, Department of Chemistry, Spring 2004-Spring 2005
◊ Investigated role of triplet states in the photochemical reactions of organosilicon compounds
◊ Assisted in design and construction of experimental setup for experiment
◊ Worked under the supervision of Dr. S. Abrash

EMPLOYMENT

Extern, Hanover Pediatrics, Summer 2006, 2008
◊ Worked full time directly with patients in a nurse's capacity by taking vitals and histories as well as getting a chance to learn about all other aspects of the medical practice

Tutor, Study Point, Summer 2008-Spring 2009
◊ Tutored high school students in physics, biology, chemistry, & math

Scribe, PCOM Scribe Service, Fall 2007-Spring 2009
◊ Take class notes which must then be edited and distributed to the class

OFFICES/ACTIVITIES

Robert J. Berger Pediatric Society, Philadelphia College of Osteopathic Medicine, Fall 2007-Spring 2011, Member

Scribe Service, Philadelphia College of Osteopathic Medicine, Fall 2007
◊ Head Scribe, Fall 2007-Spring 2009
◊ The scribe service is a student run service that manages student scribes, booth operators, and distributors to take class notes and distribute them to the rest of the class. I specifically managed the website to which the notes were posted as well as managing relations with the rest of the class.
American College of Osteopathic Family Physicians, Philadelphia College of Osteopathic Medicine, Fall 2007-Spring 2011
- First Year Student Liaison, Fall 2007-Spring 2008
- Vice President, Fall 2008-Spring 2009
- Took part in planning and organizing Primary Care Week for 2 years including multiple events every day culminating in a formal banquet at the Hilton each year.

Student Osteopathic Medical Association, Philadelphia College of Osteopathic Medicine, Fall 2007-Spring 2011
- Chapter President, Fall 2008-Spring 2009
- Hosted AOA Panel Discussion on “The Place of Organized Medicine in 2008”: Dr. Carlos DiMarco, Mr. John Crosby, Dr. Robert Goldfarb, and Miss Courtney Scrubbs sat for a panel discussion for the second year class as part of the Medicine and Society course sponsored and coordinated by SOMA
- World AIDS Week: December 1-7, 2008. Coordinating with other organizations including Students for Human Responsibility and the American Medical Student Association we sponsored a “Wear Red” day along with multiple bake sales and a “Light a Candle for Awareness” donation drive raising a total of $328.45 for St. Mary's Family Respite Center here in Philadelphia.
- Make-A-Wish Date Auction: February 12th, 2009. SOMA joined with the Pediatrics club and a number of other student organizations in a date auction to raise money for a little girl whose wish is to go to Hawaii with her family

National Student Osteopathic Medical Association, Spring 2009-Spring 2010
- Foundation Associate Director of Scholarships & Grants
- Applied for and received a $30,000 from the AAOA for the Unity project in coordination with the Unity Chair, Foundation Chairperson, and others
- Established “Plans” for each scholarship for both donors and each subsequent Scholarships chair
- Helped to make invitations and organize the Fall Foundation Reception
- Assisted in establishing budgets and shared documents to track progress and funding for scholarships as well as the Foundation
Candidate for
Foundation Director

Nate Bergman

To the Distinguished Trustees of the Student Osteopathic Medical Association,

I am applying for a Board of Trustee Position for academic year 2010-2011. I rank the following BOT positions in the order that I believe best suit my strengths (descending order):

1. Delegate to the AOA BOT
2. Foundation Chair
3. Treasurer

I believe I am best suited to serve as Student Delegate to the AOA’s BOT because of my current affiliation with the AOA’s Strategic Planning Committee (on which sit six AOA-BOT members), as well as my familiarity with student issues and the general mechanisms regarding policy and procedure. Finally, I have recently developed a relationship with AACOM as a result of my research on the effects of for-profit medical schools on medical education. I feel the affiliations I have listed can be uniquely leveraged to be of greater service to the osteopathic student community – as the student delegate - as a result of my existing relationship with AOA BOT members.

The DO/MBA program at KCUMB-COM has afforded me the opportunity to receive training in finance, accounting, marketing, and quality management. I have been involved in marketing research and strategy in multiple projects and feel dually qualified to serve as either Foundation Chair or Treasurer should either such an opportunity present itself. I have learned much from Mike and Courtney who have run this year’s SOMA Foundation operations.

Continued involvement in the osteopathic community is what excites me. I have loved being a part of the leadership in the Student Osteopathic Medical Association and hope to be able to stay involved.

Thank you very much for considering me for a position.

Sincerely,

Nate Bergman, OMS III
Kansas City University of Medicine and Biosciences College of Osteopathic Medicine
National SOMA Foundation Associate Director of Financial Affairs
financialaffairs@studentdo.com


Curriculum Vitae - Nate Bergman

8800 W 102nd Place Apt.5, Overland Park, Kansas 66212 • (347) 497-0394

Education
Doctor of Osteopathic Medicine
Kansas City University of Medicine & Biosciences
Anticipated May 2011

Masters of Business Administration – Healthcare Leadership
Rockhurst University
Anticipated May 2011

Bachelor of Science – Biology
Lander College
- Magna cum laude
- Dean’s List (All Semesters in attendance)
May 2006

Employment
Product Development – Ultrawellness Center
Research on development of a Functional Medicine approach to diabetes and metabolic Syndrome with Dr. Mark Hyman (NYTimes Bestselling author, Ultrawellness)
2009

Laboratory Drug-Design - National Institutes of Health
Recipient of Research Training Award: Designed molecules for potential drug development.
Included site-directed mutagenesis, PCR, fluorescence, microassays.
2006-2007

Restaurant Manager - Los Angeles
Responsible for all monetary transactions and personnel management
2004

Academic Research - Jerusalem, Israel
Talmudic and Halachic research at two of the city’s most prominent institutions
1996-2004

Educator- Jerusalem, Israel
Wrote and taught seminary classes
1998-2004

Teacher- Tokyo, Japan
Taught English at a Tokyo-based international school
1995

Service
Fundraiser Coordinator
Planned and coordinated student organization book sale
2008

Volunteer at Village Shalom - Geriatric Center
2007-Present

Volunteer Health Screenings
Conducted Physical Exams, BP Checks in inner city schools
2007-Present

Volunteer Instructor/Teacher – NY, NY
Adult Education Program
2004-2006

Volunteer Counselor for Mentally and Physically Challenged
2004-2006

Leadership & Awards
American Osteopathic Association – Strategic Planning Committee
Only student representative
2009-2010
National Board Member - Student Osteopathic Medical Association 2009-2010
Director of Financial Affairs
Board of Trustees – Kansas Association of Osteopathic Medicine 2008-2010
President – Student Osteopathic Medical Association 2008-2009
Secretary – Missouri Osteopathic Students Association 2008-2009
Freshmen Representative – Student Osteopathic Medical Association 2007-2008

Other
Research Committee Chair 2009-2010
Lead author on position paper on “For-Profit” Medical schools for the Student Osteopathic Medical Association

Hoover Institute 2009
Participate in student created policy think-tank (Healthcare arm)

Student Representative 2008-Present
Created a program for student liaisons for the Kansas Osteopathic Medical Association

Co-developed Marketing Plan – Midamerica Sports Medicine & Wellness 2008-2009
Involved marketing research and strategic development for a 2-physician sports medicine and wellness practice in Kansas City.

Co-wrote Business Plan – University Autopsy Services 2009
Developed & presented an economic proposal for Kansas City University to open a financially sustainable, non-cross-subsidized autopsy service on university campus.

Music Video – NY, NY 1995
Back-up dancer in Laura Brannigan’s “Dim all the Lights”

Joffrey Ballet – NY, NY 1994
Summer Scholarship Recipient

Languages
Fluent Hebrew, conversational Yiddish

Computer Skills
Word, Excel, Power Point, Accounting Functions, Academic Research

Research
Poster 2007
NIH Postbaccalaureate Research Festival Exhibit

Presentations 2006-2007
Delivered a series of talks on site-directed mutagenesis in class A2B adenosine receptors

Publication 2007

Current Research Projects
- The Effect of For-Profit Medical Schools on the Trust Index of the Institution of Medical Education
- The Effects of Globalization and Offshoring on American Medical Education
Dear SOMA House of Delegates,

I would like to state my intent to run for Membership Coordinator of the SOMA Board of Trustees. Throughout the past two and a half years, I have been actively involved in SOMA on the local and national level. During my first year at Chicago College of Osteopathic Medicine, I served as Co-chair of the SOMA Preventative Medicine Committee, and helped organize our many Preventative Medicine events throughout the year. As SOMA Vice-President during my second year, I organized the CCOM Medical Equipment Sale for the first year medical students, the SOMA Silent Faculty Auction and Live Student Auction benefiting CCOM students participating in D.O. Day on the Hill, and oversaw the CCOM Preventative Medicine Committee. Since May, I have served as the National SOMA Convention Coordinator, and have been thrilled to work with SOMA at the national level.

I believe that the leadership roles I have held throughout my life have prepared me to become the next SOMA Membership Coordinator and Board of Trustees member. I have been privileged to work closely with the administration, BOT, and NB this year, and have learned a great amount about SOMA in the process. I am well aware that I face many obstacles if elected to this position, especially with the termination of the Netters Program, but I am up for the challenge. I have been brainstorming exciting ways to recruit new members, and cannot wait to work closely with each chapter.

I have many goals for the 2010-2011 Membership Coordinator position. To start with, I would like to speak with each school’s Chapter Leaders before the end of the year to learn about their recent membership drives, especially since the end of the Netters Program, and find out what worked for them. With the help of each chapter, I hope to compile a list of innovative recruitment ideas and new member incentives that can be shared with all the chapters. To me, it is not a competition of which chapter can recruit the highest percentage of students; it is about opening the door for thousands of first-year Osteopathic students to be introduced to the wonderful world of SOMA.

Along with brainstorming new member incentives, I plan to create a standard recruitment flyer for each chapter to utilize in their membership drives. These flyers will be accessible on our website and will define SOMA, our goals, and student benefits. I will also work with the SOMA Website Coordinator to perfect online registration, and make frequent updates for “New Members”. Another goal is to work closely with each member of the BOT and NB, and ensure that they are incorporating new students into their plans for the year. At CCOM, our Dean only allows SOMA to speak to the incoming class during their Orientation. The support from our Dean was invaluable to our successful membership drives, and really made the students realize that SOMA was a strong force on campus. I would encourage all chapters to consider thinking outside the box, and come up with creative, inexpensive ways to recruit new members.

Since my first day of medical school, I have been in love with SOMA. I hope to have the opportunity to serve as your 2010-2011 Membership Coordinator, and carry my passion for SOMA forward!

Sincerely,

Lauren Brankle, OMS III
Chicago College of Osteopathic Medicine
SOMA National Convention Coordinator
Curriculum Vitae - Lauren Brankle

Lauren Brankle
1110 North Oakley Lane, Apt. 104
Westmont, IL 60559
(219) 730-0889
Lauren.Brankle@mwumail.midwestern.edu

Education

D.O., Chicago College of Osteopathic Medicine, Downers Grove, IL 2007-Present
B.A. Chemistry, Cum Laude, Indiana University, Bloomington, IN 2003-2006
Universidad de Deusto, Bilbao, España June-July 2004

Employment

Illinois Academy of Family Physicians Summer Externship Program May-June 2008
• Shadowed an Osteopathic Family Physician for four weeks
• Interacted with patients and documented patient histories
• Performed physical exams and in-office surgical procedures

Laboratory Assistant- Innes Lab, Molecular Biology Department of Indiana University, Department of Biology, Myers Hall Room 302 2005-2007
• Assisted Graduate and Post-Doctoral associates with research projects
• Developed new laboratory techniques to aid in future research settings
• Observed new species and related biochemical properties towards molecular genetics

Certification

American Heart Association Certified ACLS Provider March 2009
American Heart Association Certified Healthcare Provider March 2009
Emergency Medical Technician-B Certified October 2006
First Aid and CPR/AED Certified October 2005

Professional Memberships and Activities

Student Osteopathic Medical Association, National Board 2009-Present
• National SOMA Convention Coordinator
• AOA House of Delegates, Chicago, Illinois July 2009

Student Osteopathic Medical Association, CCOM Chapter 2008-2009
• SOMA Vice-President
• Executive of the SOMA Preventative Medicine Committee 2008-2009
• SOMA National Conference, Las Vegas, Nevada October 2008
• AOA House of Delegates, Chicago, Illinois July 2008
• Preventative Medicine Co-Chair 2007-2008
• D.O. Day on the Hill, Washington D.C. April 2008
• SOMA Unity Project, New York City, New York December 2007
American Medical Women’s Association, CCOM Chapter
• Treasurer 2008-2009
• Member 2007-Present

Student Osteopathic Pediatrics Association, CCOM Chapter
• Treasurer 2008-2009
• Member 2007-Present

Internal Medicine Club, CCOM Chapter
• Member 2007-Present

Chicago College of Osteopathic Medicine Student Ambassador 2008

Community Health Clinic, CCOM, Chicago, IL
• Volunteer 2008

Rest Clinic, CCOM, Chicago, IL
• Volunteer 2007-2008

Indiana University Dance Marathon, Indianapolis, IN
• Riley Development Committee Member 2006
• Promotions Committee Member 2005
• Fundraiser and Participant 2004

Y’ALL Indiana University Katrina Relief Summer Break Trip May 2006

Indiana University Premedical Emergency Room Intern 2005-2006

Alpha Lambda Delta Honors Society, Indiana University Chapter
• Historian 2004-2005
• Member 2003-2006

Phi Eta Sigma Honors Society, Indiana University Chapter
• Member 2003-2006

Alpha Epsilon Delta Honorary Pre-Medical Society, Indiana University Chapter 2004-2006

Indiana University Honors College 2003-2005

Honors and Awards

Honored on the Dean’s List at Indiana University each year 2003-2006

Awarded Alpha Lambda Delta Honors Society Scholarship April 2005
Congratulations to the 2009 Winner of the SOMA Humanism in Medicine Scholarship!!

Brett London, OMS-III
Touro University-California

What advice would you give incoming medical students on why it is important to get involved?

There is a unique group of people in front of me today. You all have come from diverse backgrounds and have life experiences that have made you leaders within your community. Within a few months, as you endure the stresses of a strenuous medical education, you will all claim to have lost a life you had before medical school. Although this perspective is commonly perpetuated among medical students’ lore, there is also much you will gain in the process of becoming a physician. You will no longer see the world as you once did. You will have an understanding of the intricacies of the body and the privilege to be present in human lives in ways that will not only affect their lives but yours too. In other words, your new life is about to begin. Despite being an elite group of students, you will realize that medical school is not just about learning medicine or getting a good board score or getting a degree. Starting now, you will work to develop yourself in a manner that facilitates life, healing, and death. How you accomplish this is for you to choose.

Many of you may find that studying the technicalities of the body day in and day out and learning to think objectively about the human condition disconnects you from your inherent ability to care for yourself or another. This is why I encourage you to get involved in an event, community service activity, or hobby that takes your eyes away from a text and allows you to be yourself and connect with your peers. Invest in your own strengths and desires to maintain the human connection that is so easily lost among the books. There is no stronger foundation to medicine than knowing yourself and there is no better way to care for another person than to care for yourself.

Find something you are interested in outside of medicine and integrate it as part your human medical education. Pick a passion, organize a club, conspire with your peers on what you want to discover. In addition to the personal sense of well-being from indulging in an activity that brings you joy, you will find a support system in people you may never otherwise have met. When you recognize this growth in your friends or peers, take that moment to acknowledge them. Such contact will help you to develop relationships on campus and within your community that will inspire you to reach out to new experiences and rise above obstacles that would normally hold you back. It is through these interactions that you will become a great physician.
Congratulations to the 2009-2010 SOMA New Member Scholarship Winners!!

Rung chi Li from Touro-CA

Sierra Coartney from VCOM

Dustin Jacob Paul from LECOM-Erie

Stephen Eikermann from KCUMB

Hallie Pobanz from LECOM-Bradenton
RESOLUTIONS

2009 SOMA FALL CONVENTION
## Breakdown of Basic Robert’s Rules of Order

<table>
<thead>
<tr>
<th>WHAT</th>
<th>WHAT YOU SAY…</th>
<th>…WHICH REALLY MEANS…</th>
<th>NEED S 2nd?</th>
<th>AMENDABLE?</th>
<th>DISCUSSION?</th>
<th># to Pass</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Main Motion</strong></td>
<td>“I move that…”</td>
<td>We should do this.</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>50% +</td>
</tr>
<tr>
<td><strong>Amendment</strong></td>
<td>“I move to amend the motion by…”</td>
<td>I have an idea to make the motion better.</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>50% +</td>
</tr>
<tr>
<td><strong>Close Debate</strong></td>
<td>“I move the question.”</td>
<td>Are we ready to vote yet?</td>
<td>Yes</td>
<td>No</td>
<td>No</td>
<td>2/3</td>
</tr>
<tr>
<td><strong>Unanimously Close Debate</strong></td>
<td>“I call the question.”</td>
<td>Get real…we want to vote already!</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>100%</td>
</tr>
<tr>
<td><strong>Correction</strong></td>
<td>“Point of Information”</td>
<td>There’s something we should all know.</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No vote</td>
</tr>
<tr>
<td><strong>Complaint</strong></td>
<td>“I raise a point of personal privilege.”</td>
<td>I can’t take it anymore!!!</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No vote</td>
</tr>
<tr>
<td><strong>Confusion</strong></td>
<td>“Point of clarification.”</td>
<td>What the *&amp;^#@ is going on here?</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No vote</td>
</tr>
<tr>
<td><strong>Rules Suspension</strong></td>
<td>“I move to suspend the rules in order to…”</td>
<td>Let’s get wild and crazy!</td>
<td>Yes</td>
<td>No</td>
<td>No</td>
<td>2/3</td>
</tr>
<tr>
<td><strong>Table</strong></td>
<td>“I move to table this motion until…”</td>
<td>Hold up, wait a minute, let us put some thought to it.</td>
<td>Yes</td>
<td>No</td>
<td>No</td>
<td>50%+</td>
</tr>
<tr>
<td><strong>Order</strong></td>
<td>“I raise a point of order.”</td>
<td>Wait! That is so not allowed right now!</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No vote</td>
</tr>
<tr>
<td><strong>Remove from Table</strong></td>
<td>“I move to take up from the table…”</td>
<td>Let’s talk about this one again.</td>
<td>Yes</td>
<td>No</td>
<td>No</td>
<td>50%+</td>
</tr>
<tr>
<td><strong>Refer to Committee</strong></td>
<td>“I move to refer this issue to a committee.”</td>
<td>This issue needs more detailed study in committee.</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>50%+</td>
</tr>
</tbody>
</table>
Resolution: F-09-01

Subject: Convention RSVP Policy for National SOMA Board members

1. WHEREAS, the purpose of national SOMA conventions is for leaders to meet face to face and work together toward the common goals of the organization and
2. 5. WHEREAS, such work cannot be efficiently accomplished when all members
3. of the leadership team are not present or have not otherwise made arrangements
4. beforehand to contribute their thoughts and information and
5. 11. WHEREAS, the National SOMA budget pays for hotel accommodations for National
6. officers during conventions and
7. 15. WHEREAS, the money put toward such hotel rooms is wasted when the rooms are
8. left unoccupied without adequate notice to cancel the room reservations, therefore be it
9. 19. RESOLVED, that National SOMA institute a new RSVP policy for National officer
10. 21. convention attendance. The new policy shall require that all National officers RSVP to the
11. 23. National Vice President by the deadline set for each convention by the Board of Trustees
12. 25. and that any officer that cannot attend a given convention for any unavoidable reason
13. 27. notify the Vice President as soon as the circumstances are known and no later than two
14. 29. weeks before the first day of the convention. Should any National officer fail to RSVP by
15. the stated deadline or fail to notify the Vice President of their change in plans within two weeks
16. of the first day of the convention, that officer will be fined $300.00 which will be deducted from
17. 35. their national fund. If any officer should violate the policy at two separate conventions, that officer
18. 37. will be removed from their position and the BOT will appoint a replacement.

Submitted by:
Crystal R. Lenz, LMU-DCOM
A.J. Stefani, DMU-COM
Lauren Brankle, CCOM

Action Taken: January 1st, 2010

Date: Submitted August 13th, 2009

Effective Time Period: Ongoing
Resolution: F-09-02

SUBJECT: Green Initiative for Paperless SOMA Conventions, Recommendations

1. WHEREAS, National SOMA conventions are generally attended by a large number of representatives from
2. all 28 campuses of Osteopathic colleges; and
4. WHEREAS, National SOMA has budgeted $1,068 for printing convention materials on paper; and
6. WHEREAS, the Embassy Suites New Orleans – Convention Center hotel provides in-room high-speed
8. internet access at $14.95/day and meeting room high-speed internet access starting at $150/day; and
10. WHEREAS, National SOMA does not currently provide convention attendees the option of receiving
12. electronic copies of convention materials via internet prior to or during the convention; and
14. WHEREAS, providing convention attendees the option of receiving electronic copies of convention
16. materials has the potential to greatly reduce convention printing costs incurred by National SOMA; now,
18. therefore be it
20. RESOLVED, that it is recommended that National SOMA provide convention attendees the option of
22. receiving, via internet, electronic copies of all printed convention materials instead of paper copies in order
24. to reduce excessive waste of paper, which will ultimately benefit the environment and reduce printing costs
26. incurred by National SOMA.

SUBMITTED BY:
West Virginia School of Osteopathic Medicine Chapter of SOMA

Date: Submitted September 22, 2009

Effective time period: Ongoing
Resolution: F-09-03

Subject: SOMA Project Leave Behind Forms

1. WHEREAS, SOMA has recently added new staff positions to help the organization run more smoothly and to assist in raising funds for our numerous projects, scholarships, and philanthropies.
2. And WHEREAS, to facilitate this process a SOMA Project Leave-Behind Form has been created for National Board and BOT members to fill out for their respective projects in order to allow for continuation of the projects and procurement of adequate funding for each project.
3. WHEREAS the foundation board is to prioritize fundraising efforts for the projects based on strength of the project and need for funding, both reflected by the Project Leave Behind Forms.
4. and WHEREAS, SOMA is continuously striving to improve transitions between incoming and outgoing officers in order to strengthen our programs and propel our organization forward.
5. Therefore be it RESOLVED, that the SOMA Project Leave Behind Forms are mandatory to be filled out by every officer on a yearly basis and submitted to the Foundation Chairperson. And also that these forms should be saved from year to year and passed on to all incoming officers in order to help facilitate the transition of new leaders into office.

Submitted by:
A.J. Stefani, DMU-COM
Crystal R. Lenz, LMU-DCOM

Action Taken: January 1st, 2010

Date: Submitted October 3rd, 2009

Effective Time Period: Ongoing
Resolution: F-09-04

Subject: Reversing the Integration of the Bureau of Naturopathic Medicine into the Osteopathic Medical Board of California (OMBC).

1 WHEREAS, Governor Schwarzenegger signed into law legislation that merges the Bureau of Naturopathic Medicine (BNM) into the Osteopathic Medical Board of California (OMBC) effective on October 23, 2009. The legislation, CA ABX420, will seat two Naturopaths on the governing board of the OMBC and create a naturopathic committee under the jurisdiction of the OMBC; and

5 WHEREAS, this merger displays a complete disregard for the sanctity and independence of the OMBC, while jeopardizing public safety and the quality of Osteopathic care in California. According to the OPSC, the current OBMC is operating at twice its capacity. The additional responsibility of oversight over Naturopathic doctors (N.D.) would hinder the OMBC from maintaining excellent standards of care and responsible oversight of Osteopathic physicians; and

9 WHEREAS, this merger offers no significant cost reduction to the state as both boards are independently funded and self supported from licensing fees; and

12 WHEREAS, this merger has the potential to discredit the Osteopathic profession. While Naturopaths provide a useful service to the public, Naturopaths do not train as long nor do they have the full rights and privileges like osteopathic physicians in the state of California. Naturopaths are unable to prescribe various medications, perform major surgery, or analyze complex lab tests; and

16 WHEREAS, without the proper education and training regarding Osteopathic philosophies, principles and treatments, Naturopaths would not be able to make informed decisions regarding matters brought before the OMBC; now, therefore, be it

19 RESOLVED, That SOMA continues to take a direct and public stand in denouncing the integration of the Bureau of Naturopathic Medicine into the Osteopathic Medical Board of California.; and be it further

21 RESOLVED, That SOMA urge the AOA to take public action in support of OPSC and help in reversing the current decision to integrate the Bureau of Naturopathic Medicine into OMBC; and be it further

23 RESOLVED, That SOMA opposes the combination of any state or national Osteopathic Licensing/Accreditation Board with a non-Osteopathic medical entity.

24 Licensing/Accreditation Board with a non-Osteopathic medical entity.
Submitted by:
Tamar Nazerian, Western University of Health Sciences – COMP
Augen Batou, Western University of Health Sciences – COMP
Karthik Sethuram, Western University of Health Sciences – COMP
Robyn Young, Touro University College of Osteopathic Medicine - CA
Joseph Nguyen, Touro University College of Osteopathic Medicine - CA
Andrew Nelson, Western University of Health Sciences – COMP

Action Taken:

Date:

Effective Time Period:

References:


4. “Constitution and Bylaws of the Student Osteopathic Medical Association,” Article II, Section 1, Clauses (a), (e), and (f).

5. “Constitution and Bylaws of the Student Osteopathic Medical Association,” Article II, Section 2.

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New Orleans is synonymous with indulgence. Few American cities pack in so much food, music, nightlife, and history -- locals are passionate about it all. Culture is the city's calling card, and the best way to experience it is to dive right in. The spiritual heart of New Orleans is the French Quarter, settled by the French in 1718. You can easily spend several days visiting museums, shops, and eateries in this area. Yet the rest of the city's neighborhoods, radiating out from this focal point, also make for rewarding rambling. The mansion-lined streets of the Garden District and Uptown, the aboveground cemeteries that dot the city, and the open air along Lake Pontchartrain provide a nice balance to the frenzy of the Quarter.

I. Hotel: Embassy Suites 315 Julia Street, New Orleans, Louisiana, United States 70130

There's a warm welcome in store at the Embassy Suites New Orleans - Convention Center hotel in New Orleans, Louisiana. This upscale, all-suite hotel offers great hospitality and a superb downtown location in the heart of New Orleans' busy cultural center. The New Orleans Morial Convention Center is just a few steps away and many of New Orleans' most exciting attractions are within close proximity, including:

* Harrah's New Orleans Casino  
* Louisiana Children's Museum  
* The French Quarter and famed Bourbon Street  
* National D-Day Museum  
* Ogden Museum of Southern Art

* New Orleans Museum of Art  
* Louisiana Superdome - Home of the New Orleans Saints  
* New Orleans Arena  
* Aquarium of the Americas

Hotel guests of the Embassy Suites will also find these popular sites just a short drive away:

* New Orleans Museum of Art  
* New Orleans Fairgrounds  
* Zephyr Field - Home of the New Orleans Zephyrs  
* Audubon Zoo  
* Tulane University  
* Loyola University  
* Xavier University

Ready to relax? At the Embassy Suites New Orleans Hotel we offer a variety of ways for you unwind, whether you want to take it easy or keep up to speed with your fitness regime. Enjoy the comforts of our:

* State-of-the-art Precor® Fitness Center  
* Swimming pool  
* Laundry/valet service

In-hotel dining at the Embassy Suites New Orleans is a real highlight. Our complimentary breakfast is cooked-to-order and makes a delicious start to the day, whether you want a light snack or something more satisfying.

After a long day, it's time for a cold drink and some warm company at our nightly Manager's Reception. This is the perfect place to relax and socialize after a busy day in New Orleans.

Even more tempting is our newly renovated Sugar House Restaurant, which serves authentic New Orleans style cuisine and overlooks the trendy arts and warehouse district.

Fancy a cocktail? Madeline's Lounge is the perfect spot to enjoy a relaxed drink and great views over the hotel's garden atrium and the neighboring art galleries.
II. Dining in New Orleans

Restaurants located near the Embassy Suites:

- Mulates
- Galatoire's
- Emerils
- Mr. B’s Bistro
- Palace Cafe
- Commanders Palace
- Mothers

Restaurants featured on Diners, Drive-Ins, and Dives:

- The Joint
  - 801 Poland Ave.
  - New Orleans, LA 70117
- Creole Creamery
  - 4924 Prytania
  - New Orleans, LA
- Casamento's
  - 4330 Magazine St.
  - New Orleans, LA 70115

- Surrey's Cafe
  - 1418 Magazine St.
  - New Orleans, LA 70130
- Parasol's
  - 2533 Constance Street
  - New Orleans, LA 70130
- Joey K's
  - 3001 Magazine Street
  - New Orleans, LA 70130

Other local Favorites:

- Cafe du Monde, 800 Decatur St. New Orleans, LA 70116 (Sample the Beignets and the Cafe au Lait)
- Sucre, 3025 Magazine St., New Orleans, LA 70115
- Brennan's, 417 Royal St., New Orleans, LA 70130
- Ruth’s Chris Steak House, 525 Fulton Street, New Orleans, LA 70130

III. Music & Entertainment

- The Spotted Cat, 623 Frenchmen St., New Orleans, LA 70116
- Snug Harbor, 626 Frenchmen St., New Orleans, LA 70116
- Old Opera House, 601 Bourbon St., New Orleans, LA
- Maple Leaf Bar, 8316 Oak St., New Orleans, LA 70118
- 735 Nightclub and Bar, 735 Bourbon St., New Orleans, LA 70116
- Bourbon Street Blues Company, 441 Bourbon St., New Orleans, LA 70130

IV. Other places to visit while in New Orleans

- French Market, 1108 N. Peters St, New Orleans, LA, 70116; Flea market, live music, and restaurants
- Jackson Square, 506 Saint Peter St. Gorgeous landmark, artists, street performers.
- Riverside Marketplace, Great for the shopaholics
- French Quarter (Bourbon Street, Canal Street)
- Harrah’s New Orleans Casino
V. Halloween

The Haunted Mortuary

The Haunted Mortuary is an icon of old New Orleans located at the literal and metaphorical “dead end” of world-famous Canal Street, nearly surrounded by the city’s famous “Cities of the Dead” cemeteries. It is an architecturally stunning manor conveniently situated less than three miles from the French Quarter with its many haunted sites. This magnificent home was originally built in 1872 and has a neo-classical revival style exterior with an eclectic Victorian interior. It operated for about 80 years as a mortuary and is said to be haunted by spirits of those who have passed through there. The property is monitored 24/7 by over 30 cameras (including night vision, color and thermal to cover all possibilities) with devices to listen for and record Electronic Voice Phenomena (EVP) that will detect and document the existence of ghosts. For the Halloween Season, The Haunted Mortuary is transformed into The Mortuary Haunted House. The entire property is themed in this manner. Tours and ghost hunting are still allowed during this time, but are scheduled around the Haunted House activities. All special effects, equipment and lighting associated with the haunted attraction will be off for these tours and ghost hunting to ensure no interference with your activities. This makes for a very fun but quite scary environment. For all the information you need on the Haunted Mortuary and its special Halloween events, visit www.themortuary.net

Gay Halloween

A weekend of Halloween revelry all for a good cause! From October 29 through November 1, come celebrate Halloween in New Orleans. Sponsored by the city's GLBT community, each night is a special themed party in a unique venue with the theme “Twisted Seasons.” The four-day series of events benefits Project Lazarus, which provides services to people with AIDS who can no longer live independently, or whose family can no longer take care of them. Total donations to Project Lazarus from last year's event surpassed $4 million.

"Twisted Seasons" gives each night of the event a different seasonal backdrop: Here is the schedule:

- **Thursday**, Oct 29: “An Autumn Indulgence” at The Shops at Canal Place. This kickoff "dressy" event features a taste of New Orleans food from restaurants around the city, silent auction and a performance by Amy and Freddy of "America's Got Talent."
- **Friday**, Oct 30: "Wicked Winter Wonderland" at Generations Hall. At this popular dance club in the Warehouse district, DJ Seth Cooper will warm you up, but get ready to dance through a blizzard!
- **Saturday**, Oct. 31: "A Midsummer Night's SCREAM" at Blaine Kern's Mardi Gras World. This brand new location on the East Bank of the Mississippi will promise to be a night to remember. This costume extravaganza and DJ Roland Belmares-led dance party is bound to be full of Halloween treats.
- **Sunday**: "Spring Rejuvenation" on the steamboat Natchez. A perfect way to end the weekend, experience the beauty and romance of the New Orleans skyline on an authentic Mississippi River paddlewheel steamboat. Brunch and entertainment are on board. Chartered especially for Halloween New Orleans.

The Ritz Carlton New Orleans and Iberville Suites are this year’s host hotels. For more information and tickets, please visit: www.halloweenneworleans.com.

Examine the Myths and Legends of the Vieux Carré

Just in time for Halloween, The Historic New Orleans Collection announces a new tour examining the folklore behind the ghosts and ghost stories of the French Quarter. “Historic Haunts: The Myths and Legends of the Vieux Carré” explores the sensational and factual details surrounding 10 prominent “haunted” locations citing research conducted at the Williams Research Center. Infamous figures such as Madame Lalaurie, Marie Laveau and Jean Lafitte are featured on the tour, which also expands on several aspects of New Orleans history, including the yellow fever epidemics, the plaçage system, casket girls, pirates and more. The tour ties each location and theme with items in The Collection’s Louisiana History Galleries and reveals the city’s more colorful and mysterious past.

Available for a limited time only, tours take place daily Tuesday–Sunday, October 20–30 at 2:00 p.m. On Halloween Saturday, October 31, four tours will be offered, at 10 and 11 a.m. and 2 and 3 p.m. “Historic Haunts” is intended for an adult audience. Admission is $5 or free for THNOC members only. For more information, visit www.hnoc.org.

**These are just some of the amazing things to do while you are in New Orleans, but definitely not all encompassing. Explore the local shops, architecture, restaurants, and music scene. Whatever you do, try something new while in New Orleans!**