

# BUCKEYE OPTOMETRY

## ALUMNI MAGAZINE

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FOCUS: Injury Tests  
Perseverance

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Rebuilding Out  
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Alumna Rides  
Coast to Coast

# Brain Stimulation Improves Quality of Life

DR. RICHARD HILL

Spring 2019

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Cover photo: Jodi Miller

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Dr. Dick Hill, Dean Emeritus, and his wife, Lee, decided to pursue deep brain stimulation to alleviate Dr. Hill's Parkinson's symptoms.

photo: Jodi Miller

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# Dean's Perspective

*"May your hopes reflect your hopes, not your fears." – Nelson Mandela*

In mid-March, many of us attended a day-long meeting in Washington D.C. sponsored by the Association of Schools and Colleges of Optometry. The topics covered were far ranging across optometric education and optometry in general, focused on admissions, student debt, and the definition of optometry. It was a long-overdue, initial discussion of important issues; look for more on that continuing discussion over the next year.

Our own **Melissa Bailey (OD/MS'01, PhD'04)**, Justin Griest, and **Kevin Alexander (OD'76 MS'77 PhD'79)** were featured on panel discussions. Justin's knowledge about student financial aid had the ring of authority. Kevin's comments were wise and well-informed from his extensive leadership experiences, and after Melissa's presentation on innovation, a young faculty member from another college of optometry came up to me and said, "My young female colleagues were so inspired by Dr. Bailey!" I always feel proud to lead your alma mater. Last week, I was prouder than ever.

As part of the session I moderated on optometry's future relative to the pool of applicants across the country, a new ASCO program introducing college juniors to optometry as a career was debuted. Head to [futureeyedoc.org](http://futureeyedoc.org) to watch the entertaining, inspirational, energetic first installment of that campaign, "Being an Optometrist Gives Me Life." The Ohio State University College of Optometry has given life to the college's 3,000+ graduates. You deliver eye care across Ohio and the United States, and around the world. You change and enrich people's lives every day with the best education about their eyes and by maximizing their vision. You are an integral part of your communities and the everyday lives of the people in those communities.

As I write this, it's the first round of March Madness and the university's annual Day of Giving. I'm looking forward to watching the men's basketball team play tonight, a viewing event I'm approaching with cautious optimism. I already made my donation to Project 2020 for the 11+Neil clinic building, reflecting my own fervent hopes for our college's future

Go Bucks,

**Karla Zadnik, OD, PhD**

*Dean*

*Glenn A. Fry Professor in Optometry and Physiological Optics*





# President's Perspective

Greetings fellow BuckEYES,

Last fall, I was able to attend The Ohio State University's Club and Society Leadership Symposium. I've had the pleasure of attending several of these forums during my board tenure, and let me tell you, what a great way to reinforce the pride of being a Buckeye. Craig Little, Director of Alumni Societies, and the entire alumni association staff make the event exciting from the minute you walk in the door. They take the time to plan speakers and courses that challenge us to engage our alumni in both personal and professional affairs.

During one of the symposium courses, the book *The Power of Moments* by Chip Heath and Dan Heath was referenced. Unbeknownst to me, one of my fellow board members had it ordered and sent to my home before I had the chance to even go back through my notes on new books I intended to order. A particular story stood out about making a good impression and how important it is for retention. John Deere has a location internationally where they are not a well-known brand, hence making applicants not super excited about applying let alone making a career there. But they WOW them, from before they even walk in the door. A welcome email after accepting an offer, a personal call about where to park prior to the first day, a welcome greeting when they first walk in the door, a gift on their desk, and a scheduled lunch outside the office on day one with some fellow colleagues. I've never had a first day like that, not in school or in a job or even a volunteer position.

I challenge each of you to think about that a little, and how you can incorporate that into your lives. Would you like to find a better way to retain those who work for you every day? Could you make a better impression on a student who is interested in optometry as a career in the future? Or could you take your love of being a Buckeye and look at volunteer opportunities to help promote the College of Optometry?

As alumni of The Ohio State University and specifically The College of Optometry, we have so many resources and tons of ways to be a better Buckeye in our everyday lives. Let me know if I can help you take that to the next level!

Go Bucks,

**Stephanie M. Baxter (OD'08)**

*President, Ohio State Optometry Alumni Society*



# Alumni Editor's Perspective

## What Challenge?

There is not a one of us who doesn't face a challenge at some point in our life. It is a common aspect of every life. Whether a health challenge, a marital issue, passing of a loved one, a financial concern, difficulty with a child, or a practice/business issue, we will all face challenges, likely many of them, over the course of our lives. Some will be easily overcome; some will take every ounce of effort we can muster to withstand.

I don't usually point to other articles in the magazine, but two of our articles highlight folks who are facing health challenges straight up. Emeritus Dean Richard Hill is one. While I highly respected him as he taught me corneal physiology, I have come to truly love this guy in the 35 years since I graduated and have had the privilege to call him a colleague. His approach to treatment for Parkinson's disease, motivated by simply wanting to make the best of his remaining years, is like a true scientist. He asks the question, "How can I be better?" and uses the scientific method, so familiar to him, to get to the answer. Along the way, he inspires us and demonstrates by example, a way to face adversity, without fear and with confidence.

I was in school at the same time as **Paul Endry (OD'85)**. I did not know him well, but we share many of the same experiences and friends. As I had the opportunity to interview him for the article, he explained the effects of a practice ending and life changing bicycling accident. While he now needs assistance for many tasks, it is his attitude that is powerful. He shared his story in a very matter-of-fact way, recognizing that there were many challenges in his life before this accident. He sees this as his current challenge, encompassing all his attention and energy. He looks to life after recovery and focuses on what will be. What a powerful way to approach an unexpected accident.

Recently, I attended a meeting where Vicky Schmidt spoke powerfully about her experiences in the health care system following an auto accident in 2001. A T-5 spinal cord injury has left her without the use of her legs. She also experienced a brain injury and collapsed lung. Her story of recovery was emotional because of what she went through worrying about her husband's recovery from a traumatic brain injury sustained in the accident and the recovery of her two small children. These challenges were in addition to her own efforts to simply recover to be her best. A couple years ago, she became a wheelchair tennis champion. Through her whole presentation, there was never a complaint about the why of what happened, only on how she placed her attention on being her best and caring for her family.

We don't usually choose our challenges; they often just appear. There is no shame in having challenges, we will all have them. Some only last a few minutes or a day or two. Some last months or years, and some last a lifetime. But how we face those challenges, how we handle adversity, that is a measure of our character. I am honored to have these folks in my awareness to inspire me when I face challenges. I can only hope to be as strong as they have been in facing the challenges of my life.

**Jeffrey A. Myers (OD'84)**  
*BuckEYE Alumni Editor*

# Construction Update

By Dean Karla Zadnik, OD, PhD

Here's the latest on the "bucking bronco" of our new building on the southeast corner of 11th and Neil Avenues that will house our clinic and associated functions and personnel. As of the first week of February, the building will no longer include a basement, will have a full second floor instead of a mezzanine, and will be six floors high overall.

The projects are moving along, but changes are constant and rapid, so please stay tuned to this station. The building will be unique in that the alleyway that services the retail businesses that front on the east side of Neil, south of our location, will remain a thoroughfare. We will have a part of our building, which I'm affectionately calling "the wedge" between the main building and the 11th Avenue parking garage on floors one and two. The two parts of the building connect beginning on the third floor.

- The first floor will house the Hoya Eyewear Gallery, patient reception, billing and other key clinic administrative personnel, and our Vision Rehabilitation Service.
- The Binocular Vision/Pediatric and Vision Therapy Services will occupy the second floor.
- Our Contact Lens and Primary Vision Care Services will occupy the entire third floor.
- Floors 4-6 will house offices for faculty associated with the College of Medicine/Wexner Medical Center.
- The "wedge" will accommodate clinical faculty offices and open workspaces, a shared student/staff/faculty lounge, various conference and meeting rooms, IT, and a shop to service equipment.
- The building at 11+Neil will look traditionally academic from the outside and will have an open, welcoming interior with lots of nooks and crannies for informal interactions among students, staff, and faculty.
- Our expectation is that the A wing of Starling Loving and the Fry Bridge will be



## CONSTRUCTION UPDATE cont'd

demolished soon after we move to 11+Neil, so we are planning accordingly with renovations later this year to the Fry Tower.

- We received a grant from the university to subsidize a student life space overhaul in the basement of the Fry Tower.
- We are actively working with architects and people from university real estate and planning to design the work that needs to be done in the Fry Tower. The sixth floor

will be internally remodeled to include the dean's suite along with student services, advancement, communication, and financial/human resources staff. The large waiting areas on the fourth and fifth floors of the Fry Tower will become conference rooms. The anatomy and optics teaching labs will be relocated to the north end of the Fry Tower basement. We have a swing space classroom identified in the M wing of Starling Loving for the foreseeable future.

Next steps are to finalize the plans for the design/build architect and construct specific timelines for both 11+Neil and the Fry Tower. The current timeline would let us move in sometime in 2020. *We can't see the future without you!*







# Academy Honors Newcomb

By Dean Karla Zadnik, OD, PhD

Our own **Robert D. Newcomb (OD '71, MPH)** received the Henry B. Peters Memorial Award, administered by the American Academy of Optometry Foundation, in recognition of his exemplary contributions to public health and/or environmental vision over many years. Dr. Newcomb served as a Naval Officer, in the Veterans Administration, obtained a Master of Public Health degree, and founded the National Association of VA Optometrists. He was President of the American Academy of Optometry in 2001 and 2002.

Across his varied roles, including 15 years on the Ohio State Optometry faculty, Dr. Newcomb flew the flag of public health in the optometry and vision science arena. His textbook, *Public Health and Community Optometry*, is still the definitive source of information in the field. His penchant for writing is 40 years in the making, and his body of work includes 75 publications and our own college's history, *Our History in Focus: The First 100 Years of The Ohio State University College of Optometry*, written for our centennial celebration in 2014. He has also given back to his profession by establishing

two endowed student travel fellowships for the American Academy of Optometry and an endowment to help support our White Coat Ceremony, which he initiated in 2012.

The Peters award and accompanying lecture given by Dr. Newcomb entitled "Optometrists in America: Not enough? Just right? Need More?" took place at the American Academy of Optometry's 2018 Annual Meeting in San Antonio, Texas. He was introduced with great aplomb and affection by **Debbie Hettler (OD'80, MPH)**, an advocate for optometry's public health endeavors in her own right. Dr. Newcomb's family attended, including devoted "wind-beneath-his-wings" wife, Pam, son Nick, daughter-in-law Ashley, and four-month-old granddaughter, Natalie. The row they sat in was visibly bursting with pride.

Congratulations, Buckeye Bob!

**Bob Newcomb (OD'71, MPH)** and his proud family celebrate after he received the Henry B. Peters Memorial Award. Pictured from left to right, daughter-in-law Ashley, granddaughter Natalie, Dr. Newcomb, wife Pam and son Nick.



**Debbie Hettler (OD'80, MPH)** presented the Henry B. Peters Memorial Award to Dr. Newcomb.

# Deep Brain Stimulation

Parkinson's treatment tempers tremors for Dean Emeritus Dick Hill



By Sarah Cupples, MA, *Director of Marketing and Communications*  
and Mike Earley (OD/MS'88 PhD'92), *Associate Dean for Academic Affairs*



As Dean Emeritus Dick Hill, OD, PhD rested his hand on his car's gearshift at a stop sign, he noticed a mild and steady – yet uncontrollable – tremor. Well-versed in neuroanatomy, Dr. Hill knew that an involuntary tremor could indicate a number of conditions. So rather than jump to conclusions and speculate or self-diagnose, he began a journey of inquiry.

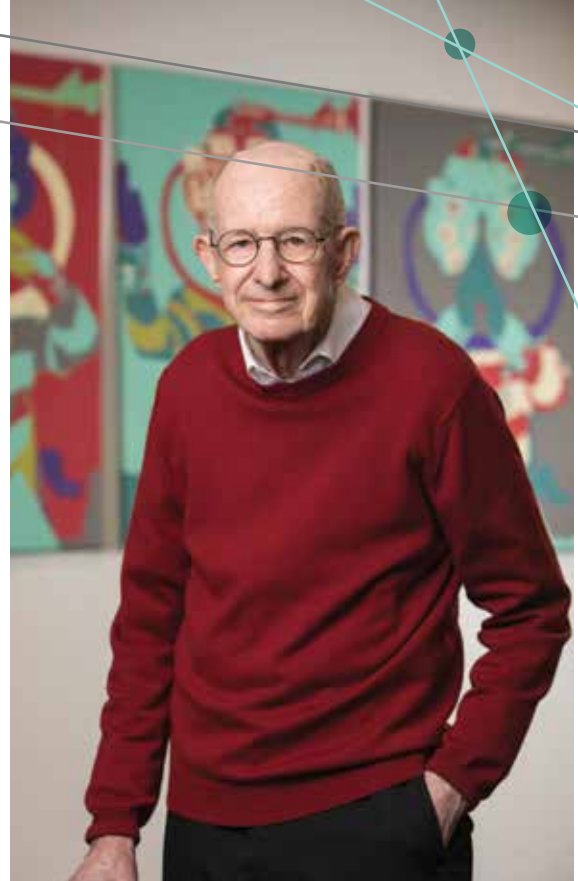


photo: Jodi Miller

During this period of investigation, as Dr. Hill read everything he could, other symptoms emerged, such as slowness, stiffness, freezing and micrographia (small, cramped handwriting that gets progressively smaller).

“A neurologist friend of mine, Dr. George Paulson, did an informal exam on me and said, ‘Well, you’ve got Parkinson’s,’” recalled Dr. Hill.

But the official diagnosis wasn’t that simple, and three years from the first time Dr. Hill noticed a tremor, Ohio State neurologists delivered the news that Dr. Hill had Parkinson’s disease, just as Dr. Paulson suspected.

Parkinson’s is a chronic, progressive neurodegenerative brain disorder that affects more than a million Americans, according to the American Parkinson Disease Association. Symptoms include muscle tremors and stiffness, as well as poor balance and coordination.

Although Parkinson’s is not considered a fatal disease on its own, the way that it impairs mobility and balance can adversely affect quality of life. Dr. Hill had spent his retirement years actively learning, staying connected with friends and colleagues, and traveling with his wife of 62 years, Lee, a retired schoolteacher. More than anything, he wanted to preserve his health and make the most of his remaining years.

There is no known cure for Parkinson’s disease. For most people, the illness progresses slowly, and medications that replenish dopamine in the brain help manage the symptoms. But for Dr. Hill, these medications did not work.

Dr. Hill tried – and failed – pharmacological strategies including levodopa and carbidopa. Deep brain stimulation (DBS), a surgical procedure, became the next possible course of action.

“Age was a consideration,” explained Dr. Hill, who is 84 years old. “They actually operate on 90-year-olds, which is quite amazing.”

Dr. Hill also worried about damage to his brain. “There’s a one percent risk of hemorrhage – running into a blood vessel. Really, what I wanted to do was gain more useful, functional time in life. I thought that if I could get another 10 years, I might as well have them as good years.”

In DBS, a tiny, complex wire (electrode) is implanted in one of the basal ganglion areas, typically the subthalamus or the globus pallidus. In Dr. Hill’s case, the electrode was directed into the subthalamus, providing electrical stimulation to disrupt the abnormal signals in the brain caused by Parkinson’s.

“It’s sort of a backward thing, unintuitive. You’d think it would be quiet and you’d have to stimulate them, but it’s the other way around. It’s

# A Deeper Understanding of Parkinson's Disease

Parkinson's disease is caused by a degeneration of cells in the substantia nigra, which is part of the mesencephalon or midbrain. The substantia nigra is connected to four other nuclei in the brain that collectively comprise the basal ganglion. The five structures of the basal ganglion form many reciprocal connections with each other and thereby act as a collective circuit in the brain rather than independent structures. Much like one bad wire in a house can knock out many lights in many rooms, degeneration of one area of the basal ganglion will impact the function of the entire ganglion. The structures of the basal ganglion are the subthalamic nucleus, the caudate nucleus, the putamen, globus pallidus and the substantia nigra. Degeneration of the substantia nigra, resulting in Parkinson's, is the most common basal ganglion disease.

The basal ganglion functions to help control motor movements. They help coordinate many complicated motor actions and are part of the "motor memory" that you develop when you practice a task over and over again. For example, skilled knitters will carry on conversations and simultaneously knit without even looking at their hands. Deficits in the basal ganglion therefore result in motor systems deficits. These deficits can be "positive signs" or "negative signs." Positive signs such as motor actions that occur that the patient cannot stop. These usually occur when the patient is trying to hold a limb still. For example, the hand tremor that Dr. Hill noticed as he tried to rest his hand on the gear shift was a positive sign. Negative signs are confirmed when a patient reports an inability to start a motor action when they try to start an action. Some patients report they "freeze" when they come to a doorway and stop for a moment and then try to start to walk through the doorway. They cannot initiate the movement immediately. Micrographia is also a negative sign as the fingers do not move as much as the patient wants them to move. These negative signs can interfere with balance and coordination.

like a storm in there, apparently. And the electrode calms the storm down – so it's a negative inhibition," he said. In essence, calming the electrical activity allows the reciprocal circuit of the basal ganglion to function more normally.

Dr. Hill opted to have his left basal ganglion surgery first, as he is right-handed and his right hand had a more severe tremor. The basal ganglion, like the motor cortex, controls muscles on the opposite side of the body. This surgery took place on December 20, 2017.

"All in all, it was a painless operation," explained Dr. Hill. "I got to know what was going on because I was conscious periodically."

After performing an MRI to determine the location of the subthalamic nucleus, the surgeons began their work. Dr. Hill remembers realizing that there were other people in the room – perhaps 12.

"It was like joining a conference call," he said. "They asked questions as they advanced the electrode, such as 'Does this feel numb?' or 'Does this cause a buzz?' and then they positioned it until they got it just right."

The surgical team picked the "sweet spot" according to Dr. Hill's subjective responses, and by observing his tremor.

"I really found it to be not a bad procedure. It was an adventure in a way," he quipped. "The idea of being conscious while surgeons bore holes into your skull is a little off-putting to start with, but then once you do it, you realize the brain really has no pain perception."

Next, in a separate surgery, about two weeks later, a small battery was implanted just below Dr. Hill's collarbone. About a month following the electrode and battery implantation surgeries, doctors turned on a handheld programming device and set it to control his symptoms. When they flipped the switch, the tremor stopped instantly.

The success of the first surgery prompted Dr. Hill to elect to have the procedure performed on the other side in April 2018.

"I asked how many people actually do the second surgery and the doctor said about 85%, which means the first one goes pretty well for most people, as was my case," said Dr. Hill. "The second one wasn't quite as successful – I still have some tremors and stiffness in my left hand. I got about a 60% improvement on this side, just not as good as the first one."

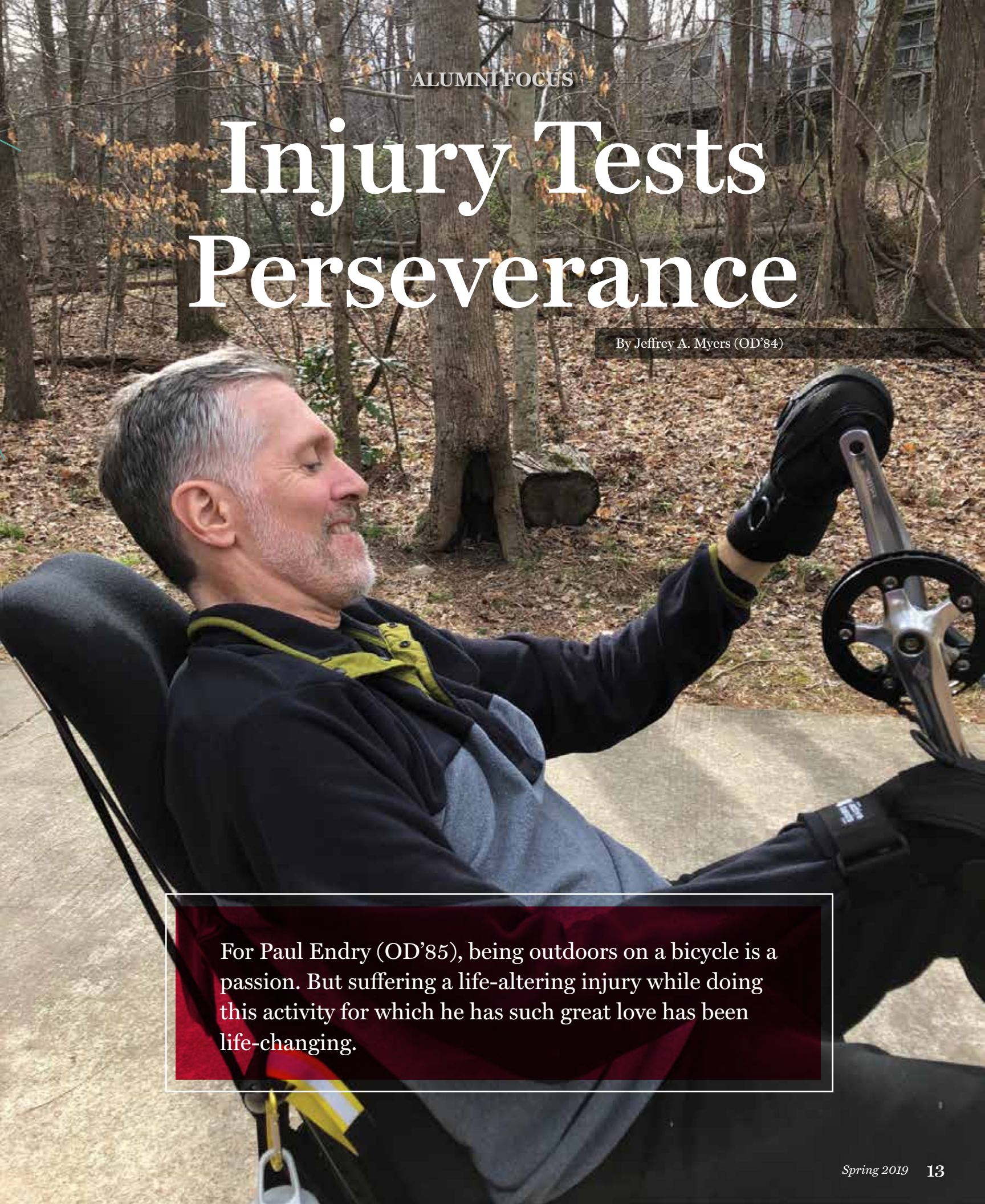
Moving forward, Dr. Hill wants to enjoy his retirement years with Lee and their daughter, Cindi, who is an MD in Columbus. He also wants to turn his experience into an opportunity to educate. He suggests that optometrists take note of patients who exhibit Parkinson's-like symptoms, and provide additional time and support in the exam room.

"If someone who appears to have Parkinson's turns up in your practice, realize that you're dealing with a slower person, probably with a tremor," he said. "There are things you can help them with, such as getting around."



# Injury Tests Perseverance

By Jeffrey A. Myers (OD'84)



For Paul Endry (OD'85), being outdoors on a bicycle is a passion. But suffering a life-altering injury while doing this activity for which he has such great love has been life-changing.





Paul Endry (OD'85) and his cousin, Libby, at his optometry practice

Dr. Endry grew up in Reynoldsburg, Ohio, a suburb of Columbus. Cycling was a passion for him then, cycling on the country roads of Pickerington, Canal Winchester and Newark. While studying optometry, he also worked a couple jobs, leaving little time for extracurricular activities. He did make time to serve on an SVOSH (Student Volunteer Optometrists Serving Humanity) trip to Tanzania while a student. He also was the editor of a newsletter for his class, called *Ocular Media*.

After passing the North Carolina Board, he began practice in Hendersonville in western North Carolina, and enjoyed the biking, hiking and swimming the area offered. Before he moved his practice to Asheville, North Carolina, he spent a year practicing in Nome, Alaska, serving a population of 6,000 over an area the size of Oregon. Frequent flights to rural communities of Native Alaskans allowed him to meet many Yupik, Siberian Yupik and Inupiaq people. The Alaskan tundra was a stark contrast to the mountains of the Blue Ridge.

In time, he opened his own practice at the Grove Arcade in downtown Asheville and was the only full-time optometrist in downtown Asheville. He was enjoying building the practice and being a part of the community, and caring for his patients.

That all changed on April 2, 2017. He was enjoying his longtime passion of cycling on a greenway in Asheville, when a group of pedestrians with strollers approached. As he moved into the grass to make room, his bicycle's front wheel hit a hidden bump and got stuck. Dr. Endry went headfirst over the handlebars and hit his head at a strange angle, causing a bruise to the spinal cord. The diagnosis is an incomplete C3 spinal cord injury. Seventeen pins were placed in his neck. He has limited use of his arms and legs as the injury affected everything below the shoulders. Because the spinal cord was only bruised and not severed, he has regained some movement and sensation. Ascending and descending neural tracts were altered; he has to re-educate them and learn ways of reusing them.

Following the injury, he spent almost two months at Shepherd Center Spinal Cord & Brain Injury Rehabilitation Center in Atlanta. He then moved to Chapel Hill, where his partner, Charlie Layman works. He utilizes physical and occupational therapists to teach him methods of stretching and facilitating his exercise. He has home health aides and physical therapy students to help with personal care as he cannot grasp with his hands.

Dr. Endry has learned that no two spinal cord injuries are the same and it is difficult to get a reliable prognosis from the neurologists. He has been told that much of his recovery is up to him. To this point, he has not met someone with a similar injury. But he has met folks who had seemingly minor events, like falling from stairs or body surfing at the beach, who have sustained significant spinal cord injuries. Had the injury been any higher, he would require a fulltime respirator; any lower and he would have more arm motility.

He has decided to work as diligently as he can and see how much recovery he can gain. He continues to see progress each month. Sometimes, there will be a nice gain and then a small regression, but he is still improving. Several factors are in his favor; it was an incomplete injury, he is otherwise in good health, he has a great support system, and access to physical therapists and the University of North Carolina health system. He is not clear when he will reach a plateau in his recovery.

His clinical practice of optometry ended with the injury, and his office manager, Jessika, was



stellar in managing the details and seeing that patients were cared for. He has recently sold the practice to an optometry couple, Drs. Ashlin Mikolich and Benjamin Steger. While no one in clinical practice would expect to sustain this type of injury, he shares this counsel: Have a practice exit plan, regardless of your age. Additionally, invest in quality disability insurance.

This was not his first neurological injury. In 1990, he was climbing near Whitewater Falls near Asheville and fell into the cascade.

Whitewater Falls is the highest waterfall east of the Mississippi River at 411 feet and he fell down the bottom 70 feet. He hit his head and was in a coma for 13 days due to a brain hematoma in his speech center. The doctors surrounding him at the time did not think he would be able to speak or care for himself. He miraculously recovered and was back to work in two months. Interestingly, some of those same practitioners in the Neural Trauma Unit also cared for him in 2017.

1. Dr. Endry surrounded by his physical rehabilitation team
2. Water rehabilitation
3. Beginning to walk again



He has learned that many folks with spinal cord injuries are creative problem solvers. Communication and email are done with an iPad, with a stylus Velcro'd to his hands. He can read on the iPad or computer. He has been able to walk in a pool with supports, and use a joystick to control a wheelchair. He has been able to return to cycling, though it is a tricycle with hand and foot pedals. The freedom allowed by this has been thrilling to him and good for his recovery. Through his brother, Mark, who works for Arrow Electronics, Dr. Endry was able to drive a Semi-Autonomous Motorcar (SAM), controlling the SAM by head movements and sips or puffs of air.

For many patients, having a positive outlook is a key element to recovery. For Dr. Endry, that has been a cornerstone of his recovery. Each day, he spends most of the day exercising, working to get stronger and relearning how to use his body.

He reports little fear in the entire series of events and the process. From his perspective, this is just an event that happened. He points out that everyone has obstacles in life and that while many things in his life have changed, many have not. His challenge for himself is this: Now that this unplanned and unexpected event has happened, what do I do with this?

His choice has been to persevere to recover everything that he can. He notes that his other choice would be to sit on the couch the rest of his life. But he says he has had challenges in the past and this is simply his current challenge and he plans to do everything he can to be the best he can be. He thinks about what his possibilities will be like after recovery, how will he pass the days. He is confident it will be exciting.

The future? Clinically, spinal stimulation shows some promise and hope for folks with these kinds of injuries in the next five to ten years. That could increase Dr. Endry's mobility and open new opportunities for him. He also may spend time studying some non-visual eye functions that practice did not allow time to do. There is even some musing about opening a museum in Asheville dedicated to optical illusions.

Whatever it is, it will clearly be done with dedication and perseverance, and will be the best he can do.

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**“I have had challenges in the past and this is simply my current challenge. I plan to do everything I can do to be the best that I can be.”**

*Paul Endry (OD'85)*

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# Eye Site Rises from the Ashes

As told to Sarah Cupples, MA, *Director of Marketing and Communications*

photos: Frank Manuguerra

A sunny Sunday afternoon turned out to be one of the darkest afternoons Shannon Zollinger (OD'09, MS'11) and Julie Brown (OD'09) had ever experienced. Smoke was spotted outside of their Collinsville, Virginia clinic, the Eye Site, at 3 p.m., and the fire department arrived shortly thereafter.

The fire crew observed a large amount of smoke pouring out of the building's attic. When firefighters broke through the front door, they did not find any fire or smoke on the first level and quickly determined that the fire was in the attic. They broke a hole through the roof to put out the fire, but the added airflow resulted in a fireball and more flames ensued. Weeks after the fire, following a thorough investigation, a failed attic fan was deemed to be the cause.

The building was declared a total loss and had to be completely demolished, but the doctors didn't give up. Three days after the fire, they set up shop at a nearby optometrist's office (affectionately called Eye Site 2.0), where they saw patients for 45 days. The office only had two exam lanes, down from their original six. They saw patients from 8 a.m. to 8 p.m. to keep their patient load up as much as possible. They ultimately purchased and absorbed the practice and its patients.

"While practicing at this temporary two-lane location, we constructed a temporary modular office on a lot adjacent to the burned structure," said Dr. Brown. "After six weeks, we moved into 'Eye Site



**Julie Brown (OD'09)**, Erin Woods, OD and **Shannon Zollinger (OD'09)** posing next to their new signage on their remodeled office.

3.0.' This space allowed us to see patients out of six exam lanes, provided a larger waiting area for patients, and work normal operating hours to keep up with patient demand."

All the while, the doctors were able to monitor progress of the new building from 30 yards away.

The next chapter began with construction of "Eye Site 4.0." Weather and finalizing bids with contractors and subcontractors pushed breaking ground of the new building an additional nine months out. Once construction began, it took approximately six months to complete.

"It was helpful to be working within such close proximity of the construction site during the day, however, this created problems of its own," explained Dr. Brown. "Sufficient parking spaces and the constant delivery of building materials, stone, gravel, lumber, drywall, siding, etc., became one of the largest obstacles

to overcome."

"Weather became an additional roadblock throughout the building process, as our area of Virginia, much like other parts of the country, experienced record amounts of rainfall," added Dr. Zollinger.

In spite of this, they remained on schedule, rising from the rubble like a phoenix.

Drs. Brown and Zollinger came up with the new building's design aesthetic with the help of an architect. The old building was functional, but the layout created limitations.

"As our practice had grown and expanded over the last few years, we wanted the new space to have a larger waiting room, larger optical boutique, more exam rooms, a dedicated breakroom for our staff, and a doctor's office. The end product was nothing short of this goal





and we couldn't be happier with the result," said Dr. Zollinger.

The doctors re-integrated their salvaged theme design that was destroyed in the fire by salvaging two additional barns, forging new piping for the frame displays, and crafted dispensing tables using wood termed "iron wood" from Black Dog Salvage that in a former life, was used as transport crates for masonry red bricks.

"We integrated warm and inviting lighting, farm style color schemes, and rustic flooring to create a 'warm and homey' farmhouse feel," said Dr. Brown. "The exterior of the building is clad in white fiber cement siding and has hints of black accents throughout the exterior to complete the look."

The building resembles a contemporary farm house, invoking both the country feel of the surrounding area, the grit of the community

that supported us through the entire process, and the doctors' vision of a "Fixer Upper" inspired farmhouse building.

"To complete the look, a galvanized rooster, our symbolic phoenix, sits proud and tall on the peak of the largest dormer over the entryway," said Dr. Brown.

Rising from the ashes, The Eye Site is doing fantastically well, and the patients love the new building. Drs. Brown and Zollinger say they could not have gone through this process and come out so strongly without the support of their community, patients, and dedicated team members.

1. Firefighters on scene day of the fire.
2. New building
3. Interior photo of glasses display
4. Interior photo of beautiful new waiting area

RIDING

# Coast to Coast



PORTLAND, OR



STEALTH, OR



ARCO, ID



JACKSON, WY



DEVILS TOWER, WY



FAITH, SD



PORTLAND, OR



**Kathy Rudolf (OD'09)** and her husband, Jon, celebrated their 25th wedding anniversary by cycling from Portland, Oregon to Portland, Maine. They traveled 3,835 miles over 69 days between May 19 and July 26, 2018, making friends and memories along the way.



Read more about Dr. Rudolf's summer adventure at:  
[www.cycleblaze.com/journals/rudolf](http://www.cycleblaze.com/journals/rudolf)



# *Inside* Optometry Admissions Interview Day

By Jennifer Bennett MSEd, *Director of Student Affairs*



More than a year after her admissions interview, Ohio State Optometry student **Lauren Schneider** ('22) remembers feeling a sense of “excitement and anxiety” as she arrived on campus. Looking back on that day, Lauren realizes now that she was “searching for the place I will become the person I’m going to become.”

“[The ambassadors] went above and beyond and I could see myself in them.”

*Maddie Howland ('21)*

After applying to multiple schools and colleges of optometry, Lauren’s first interview was with Ohio State. After interviewing with six other schools, Lauren chose Ohio State ultimately because she saw “the mentors I want to have” in the faculty members sitting around the table that afternoon.

Today’s admissions interviews are not only an opportunity to meet and holistically assess the potential of a candidate. The interview day has evolved into an important piece of the prospective student recruitment process. Given that we admit the top candidates in the country, those we interview will receive offers of admission from multiple schools and have many factors to consider in their decision-making process. Given this, our interview day is designed to showcase our academic, research, and clinical strengths as well as leverage the benefits of belonging to the engaging and dynamic Ohio State optometry community and living in Columbus.

Nationally, the optometry application cycle kicks off at the beginning of July each year when the centralized application opens for all schools and

colleges of optometry. During interview season at Ohio State, which begins in July and wraps up in April, we welcome candidates to campus nearly every Friday. Because we use a rolling admissions process, we typically extend our first offers of admission in early August and continue

“They acted like we were going to be colleagues someday.”

*Fareedah Haroun ('22)*







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**“[I saw] the mentors I want to have in the faculty members sitting around the table.”**

*Lauren Schneider ('22)*

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until the class is full. The interview day schedule includes a college tour, detailed information about didactic courses and clinical training, lunch at the Blackwell with current student ambassadors, and a formal interview with the admissions committee, chaired by Associate Dean for Academic Affairs **Mike Earley (OD/MS'88 PhD'92)**. The day provides multiple opportunities for candidates to ask questions of faculty, staff and current students to learn what differentiates Ohio State from other schools.

During the formal interview, a panel of admissions committee members engage candidates in a conversation about their exposure to the optometry profession, leadership skills, resiliency, and unique personal characteristics. **Fareedah Haroun ('22)** remembers the admissions committee interacting with her “like we were going to be colleagues someday... they asked for my opinions. I really appreciated that Dr. Earley asked about my background in public health and that he and Dr. Davis (**Jackie Davis, OD'81, MPH**) were even talking about how this interest could fit into my experience in optometry school.”

Interaction with the current student ambassadors often contributes to why candidates choose Ohio State for optometry school. **Jaime Antonio ('22)** recalls that during his interview day “I was really impressed by the student ambassadors ... having them reflect on their first year was impactful. They helped us see the dynamic between students.” As the

president of the current student ambassador group, **Maddie Howland ('21)** is motivated by the opportunity to impact the optometry school decisions of future students. When Maddie arrived for her interview day, she was leaning toward attending another school. Her interactions with the ambassadors caused her thinking to change, “They went above and beyond and I could see myself in them.”

We want our candidates to get as much as possible out of their interview experience. **Jaime Antonio ('22)** would suggest that candidates, “Experience the city, take advantage of the student ambassadors, and see if you can connect with them after the interview.” **Fareedah Haroun ('22)** would tell future candidates to, “Study yourself, be able to talk about strengths and weaknesses, really know why you want to go into Optometry ... how would you fit in, what do you bring that's unique, not just to the school but to the profession.”

When asked if her first year of optometry school met the high expectations that were created during her interview day, **Lauren Schneider ('22)** said with an enormous smile, “I could not be happier.”

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**“I was really impressed by the student ambassadors ... having them reflect on their first year was impactful.”**

*Jaime Antonio ('22)*

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# Understanding the SCOPE of Scleral Contact Lenses

By Gil Pierce (OD'89, MS'92, PhD'94)

For many patients, specialty contact lenses can be life-changing. **Jennifer Fogt (OD'99)** is working with the SCOPE (Scleral Lenses in Current Ophthalmic Practice Evaluation) Study Group, a team of researchers studying how scleral contact lenses are used in today's optometric practices. Interest in fitting scleral contact lenses is relatively new, and many aspects of fitting these larger lenses and the resulting outcomes are still unknown.

The SCOPE group started as part of the Fellows Doing Research program at the American Academy of Optometry meeting in 2010 in San Francisco. The original aim of the study was to survey practicing optometrists about their usage of scleral contact lenses. They began by asking doctors whether they fit sclerals, what conditions they used them for, and about their fitting philosophies.

After completing a pilot study at the Academy meeting, the group initiated SCOPE 1. This study was a 19-question internet-based survey sent to 4,633 eye care providers, from which they received 989 responses. In this survey, the group looked at several factors: age of practitioner; year of first scleral lens fit; conditions for which scleral lenses were used; diameter of lenses; testing done during the fitting process, etc. A nice summary of their findings appears in the December 2017 issue of *Contact Lens Spectrum*.

The group has subsequently completed or begun four additional SCOPE studies (SCOPE 2-5), reporting different aspects of practitioner and patient experiences with scleral lenses and keratoconus. Scope 5, which is ongoing, is a patient-based study enrolling patients with ocular surface disease. Other clinical trials are being planned, looking at things such as mid-day fogging and effects of size of lens on patient outcomes.

Dr. Fogt mentioned that working with this motivated, intelligent and fun group has been a very enjoyable experience. Other members of the executive committee are Muriel Schornack, OD (Mayo Clinic), Jennifer Harthan, OD (Illinois College of Optometry), Amy Nau, OD (Korb and Associates), Cherie B. Nau, OD (Mayo Clinic), and Ellen Shorter, OD (Illinois Eye and Ear Infirmary). **Joseph Barr (OD'77, MS'79)** served as an early mentor to the group, as they gained momentum.







# Research Roundup

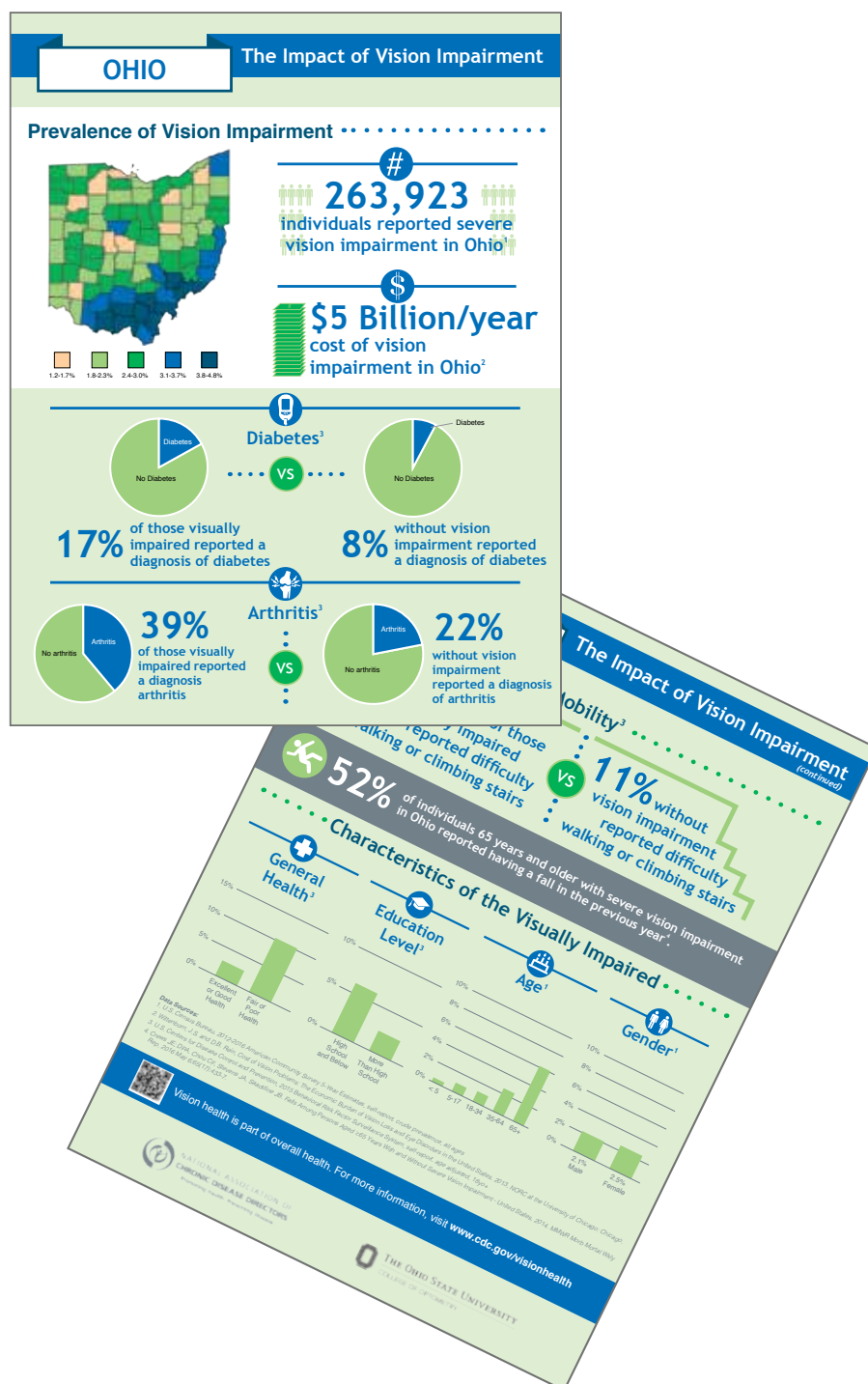
By Karla Gengler-Nowak, PhD, CRA, *Grants and Contracts Administrator*

Dean VanNasdale, OD, PhD, is leading a group analyzing national surveillance datasets and disseminating state-specific information related to vision impairment and other comorbid conditions. This is an ongoing project, funded by the Centers for Disease Control and Prevention and the National Association of Chronic Disease Directors for the past three years.

The College of Optometry has traditionally been known as a public health-oriented program, with expertise in epidemiology and biostatistics. This project closely aligns with the College's overarching public health mission.

Research Professor Lisa Jones-Jordan, PhD, has done much of the sophisticated statistical analysis and Kerri McTigue has used her graphic design expertise to jointly develop state-specific infographics with the CDC and NACDD, which are scheduled to be released later this year. The information from this project also will be disseminated to each of the 50 state health departments to help raise awareness about vision impairment and its impact on population health. Throughout this process, the team has been able to develop novel partnerships with state departments that are impacted by vision impairment.

Since the beginning of this project, the team has had the opportunity to work collaboratively with the Ohio Department of Aging, which sees vision health as a critical aspect of its mission. They believe this project is an important step in capacity building, necessary to better understand the underlying determinants and impact of vision impairment as a population health challenge.





# Congratulations

## New Academy Fellows

Sixteen Ohio State Optometry alumni are now adding the prestigious letters “FAAO” to their titles, after earning American Academy of Optometry Fellow status. They were honored at a banquet on Nov. 10 at the Academy Meeting in San Antonio, Texas.

Joseph Conrad, OD/MS'11  
 Nicholas Green, OD'17  
 Sara Hitchman, OD'17  
 Nicole Klein, OD'13  
 Piana Krymskaya, OD'15  
 Jonathan Lytle, OD'14  
 Chrisoula Morris, OD'14  
 Sarah Munther, OD'15

Jaclyn Oliver, OD'16  
 Mark Ortiz, OD'17  
 Marcella Pipitone, OD'15  
 Stephanie Pisano, OD'14  
 Winston Posvar, OD/MS'17  
 Kimberly Rock, OD/MS'17  
 Jared Staats, OD'16  
 Andrew Steele, OD'15



New Academy Fellows **Marcella Pipitone (OD'15)** and **Sarah Munther (OD'15)**.



New Academy Fellow **Nicholas Green (OD'17)**.

# Room Naming Update

By Rachel Childress, *Director of Development*

As the new clinic building at 11+Neil comes into focus, we have continued to tweak the floor plans and now have some additional spaces to be named – waiting areas, special testing rooms, corridors, and conference rooms. Of course we still have exam and consult rooms available as well. As of March 1, 17 of these 80 spaces are named and there are another eight that will be finalized shortly. Most of these commitments have been made in just the last five months.

This is a once-in-a-century opportunity to make an impact in this way as new buildings don't happen very often. By naming a space, you leave your legacy – or that of a loved one – on a room that will be used by students, faculty, and patients for many years to come.

Our goal is to have commitments for all of these rooms by the autumn 2020 ribbon cutting. What a wonderful year to begin a new chapter for the college and I hope that you will want to part of it.

## Giving 101

Do you want to experience the great feeling that comes with giving to the College of Optometry, but don't know where to start? Here's a quick giving Q&A.

By Rachel Childress, *Director of Development*

### **Q** There are so many ways to give! What are the top three most useful ways I can make a gift?

- A**
1. As the saying goes, "Cash is King" – This is what's most often given ... whether it be with a check, through a credit card or online. This way of giving is great because of its ease of use.
  2. Stocks and Other Securities – Gifts of appreciated securities are another easy way for you to donate. Stocks are rolled over to the university, the mean market value on the date of the transfer determines the value of the gift, and the donor avoids capital gains taxes. Other than the tax advantages, this is a great way to give larger amounts if you prefer not to spread a pledge out over a long period of time.
  3. Estate Giving – No this doesn't mean you have to have millions of dollars and be a Rockefeller. This simply means that you have spent time thinking and planning about what will happen to your wealth after your passing. There are so many ways to do this from simple bequests, to an IRA rollover, gift annuities, and various types of trusts just to name a few. We have an estate planning office that can help us work with you to be sure that your gift supports your passion here at the college. Most importantly, letting us know about your plans will allow us to thank you and steward you for this future gift.

### **Q** What if I want to spread my giving out over time?

- A** Pledges are a wonderful way to be able to make a larger gift over time vs. what you currently have available. They can be used to create an endowment or be given as current use funding, can be spread out over as many as five years, and can be paid with cash or securities.

### **Q** What's the difference between Endowments and Current Use Gifts?

- A** Endowments are funds that – once established – are a perpetual source of support. Most often they are given for scholarships, but can be used for many different projects and programs. An amount of money is given and a percentage of the interest is pulled out each year to be used per the direction given in the endowment description created by the donor.

Current use gifts are any funds that are not being used to establish or enhance an endowment. This is a cash in-cash out approach. Right now at the college most often these gifts go toward either our building campaign or the college's discretionary funding. This is money that we have access to for immediate needs.

Please reach out to Rachel Childress to learn more:

**614-292-2100 or [childress.35@osu.edu](mailto:childress.35@osu.edu)**





# Cool Brutus' Summer Reading List

Looking for meaningful summer book suggestions? Check out Cool Brutus' summer reading list, a combination of visionary titles and eye-opening good reads.

## **All the Light We Cannot See**

*by Anthony Doerr*

## **Blink**

*by Malcolm Gladwell*

## **Grit**

*by Angela Duckworth*

## **Hunger**

*by Roxane Gay*

## **Lab Girl**

*by Hope Jahren*

## **Tears of Salt: A Doctor's Story**

*by Pietro Bartolo*

## **The Mind's Eye**

*by Oliver Sacks*

## **The Spirit Catches You and You Fall Down: A Hmong Child, Her American Doctors, and the Collision of Two Cultures**

*by Anne Fadiman*

## **The Sun is Also a Star**

*by Nicola Yoon*

## **Alice's Adventures in Wonderland & Through the Looking Glass**

*by Lewis Carroll*

## **What the Eyes Don't See**

*by Mona Hanna-Attisha*

# Alumni Insights

By Michael Haddock, MA, *Assistant Director of Alumni Engagement*



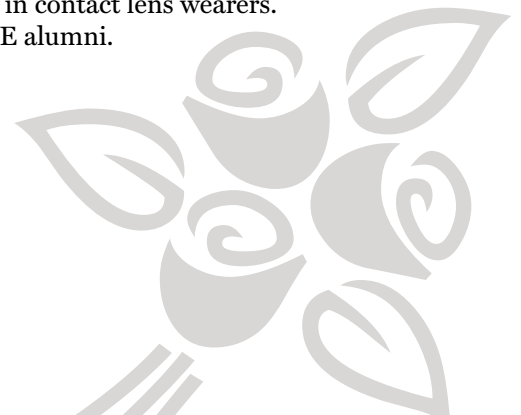
Left to right: Amy Grimes (OD'98), Stacy Rellinger (OD'98), Flavel Heyman (OD'83), Diane Dible (OD'94), Jean Heisman (OD'84), Dean Karla Zadnik, OD, PhD, Bill Thomas (BS'66), Yoongie Min (OD'89), Darren Minnich (OD'96), and Erin Rueff (OD'12, MS'14, PhD'18).



## Continuing Education Partnership at the Rose Bowl

The Ohio State University College of Optometry partnered with the Southern California College of Optometry at Marshall B. Ketchum University to offer a complimentary two-hour continuing education lecture on New Year's Eve. This event was provided for Buckeyes and SCCO alumni alike to build community around the Rose Bowl festivities.

Dean Karla Zadnik, OD, PhD, offered a lecture about myopia progression and SCCO Assistant Professor **Erin Rueff (OD'12, MS'14, PhD'18)** addressed visual discomfort in contact lens wearers. The gathering hosted over 20 attendees, with more than half being BuckEYE alumni.





# Support the Optometry Alumni Society

## Renew Your Sustaining Membership



Every fall, The Ohio State University Alumni Association (OSUAA) hosts a Leadership Symposium that brings all of the college-supported societies and geographic clubs to campus to review best practices, generate new programming ideas, and provide networking opportunities between club and society volunteers. During the 2018 Leadership Symposium, your Optometry Alumni Society (OAS) was recognized as achieving “Outstanding - Scarlet Level,” which is the highest status attainable due to the completion of five annual events and the production of an annual fundraiser.

This year’s Optometry Alumni Society mailing campaign will demonstrate the impact your philanthropy has on the current student experience and reinforce the importance of what it means to be an active member of our beloved alumni community. By committing to the sustaining membership donation level, you will not only be supporting the relationship between the OAS and the college, but also become eligible to purchase football tickets to the Michigan State game during Homecoming Weekend. Registration opens July 23 at 1:30 p.m.

You will receive an email and letter further explaining the sustaining membership benefits in April. However, if you would like to confirm your status or have any questions, call Michael Haddock at 614-688-1363 or email [haddock.15@osu.edu](mailto:haddock.15@osu.edu).

## Day of Giving Recap

On March 22, The Ohio State College of Optometry celebrated along with the university in the annual “Day of Giving.” This 24-hour campaign used social media to help Ohio State address issues all across campus and around the world. The College of Optometry utilized this social-media heavy project to generate support for our new clinic on the corner of 11th and Neil Avenues. With the incredible matching gift support from **Lonny Harrison (OD’74)**, we collected \$60,704 toward this new building!





# Alumni Notes

**1960 Robert Kriessler (BS'60)** retired after serving the Euclid and Willoughby, Ohio communities for 54 years. His last patient was a high school friend, who was also his first patient in 1965!

**1965 Wayne Collier (BS'65)** recently celebrated 50 years in his Bucyrus practice, and was featured in a Bucyrus Telegraph-Forum article.

**1974 Glen Thayer (OD/MS'74)** retired after 44 years of practice in Lake Placid, FL.

5  **1977 Lee Halsted (OD'77)** and his wife Lois traveled to Kenya in January 2019 with the Hartland Rotary Club. During their visit, Dr. Halsted provided much appreciated eyecare.

1  **1992 Heath Gilbert (OD'92)** welcomed newborn daughter Livnat (Livy) Bella Gilbert. She joins Avi, Chava, and Zeke.

**1994 Ashley Tuan (OD/MS'94)** was appointed to the Vista Center for the Blind and Visually Impaired, headquartered in Palo Alto, CA. Tuan is the vice president of medical devices at Mojo Vision.

**1995 Doug McCloy (OD'95)** was named Humanitarian of the Year by the Ohio Optometric Association, for his volunteer work in Jamaica.

**2001 Michael Lyons (OD'01)** is expanding his practice "Focal Pointe Eye Care" in West Chester, OH to retain and expand his patient base.

**2005 Emily Bollin (OD'05)** has joined Bishop Eye Center in South Carolina. She will serve the Hilton Head Island and Hardeeville locations.

**2005 – JP Maszczak (OD'05)** offered his expertise in a Self.com article about five different eye injuries that can be prevented, including sleeping with contact lenses in and not wearing sunglasses.  
[www.self.com/story/preventable-eye-injuries](http://www.self.com/story/preventable-eye-injuries)


**2006 Sylvia Jones (OD'06)** has founded a new business venture called Violet Eyewear.


**2006 Rebecca Jacquemin (OD'06)** owns Lakeshore Eyecare Center in Holland, MI, which will move into a brand new development this spring.

**2007 Danielle (Poole) Piser (OD'07)** became Chief, Rosenbloom Center on Vision and Aging at the Illinois Eye Institute, in February. Since completing her residency in low vision rehabilitation at ICO, she has provided geriatric, ocular disease, and low vision care as part of their faculty.

**2009 Karen (Lee) Budd (OD'09)** was inducted into Ohio Northern University's Athletic Hall of Fame in October 2018 for her achievements in Women's Tennis.

3  **2009 Megan Holmes (OD'09)** and husband John welcomed newborn twin girls Stella Rose and Ellie Reese to their family. They join their big brother Jack.

4  **2014 Joe Blake (OD'14)** and his family traveled to the Gila National Forest and shared an O-H-I-O moment in the Mogollon Cliff Dwellings. [4]

2  **2014 Danny Mack (OD'14), Joe Blake (OD'14), Nick King-Smith (OD'14), and Jon Andrews (OD'14)** in Snowmass, CO for 2019 Review of Optometry Winter Ophthalmic Conference.

**2015 Megan Rutledge (OD'15)** was featured in an article from The Ohio State University – Lima campus where she touts her experience there as having a tremendous impact on her skills as an optometrist. Additionally, Dr. Rutledge received the Ohio State Lima Early Achievement Award in 2018.

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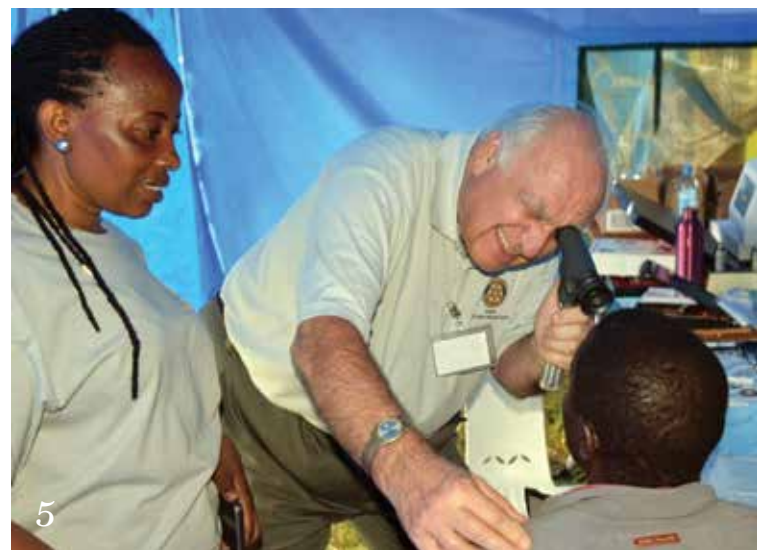
## In Memoriam

**1952 Roger Boyd (BS'52)**, age 92, passed away on March 25, 2019.

**1966 Douglas Dachenbach (BS'66, OD'67)**, age 77, passed away on January 5, 2019.

**1979 David Waite (OD'79)**, age 71, passed away on June 22, 2018.





# IF YOU COULD HAVE A Superpower, WHAT WOULD IT BE?

On the first of each month, The Ohio State University College of Optometry presents “Alumni Focus,” a Q&A featuring a wide variety of graduates. One of the fun questions asked over the past year was, “If you could have a superpower, what would it be?”

## Flying

- World dilation.
- Be in three places at once!
- I would love to have the ability to transport myself somewhere instantaneously like Nightcrawler from X-Men. That would save a lot of driving which is just a waste of time.
- Teleportation. I love absolutely love being anywhere and everywhere!
- Read people's thoughts, but could be uncomfortable!
- Fly. Seriously, Pittsburgh traffic is so ridiculous. I'd also be able to attend more Ohio State football games if I could fly.
- I wouldn't need sleep.
- I would like to be able to take away people's pain.
- Make my patients compliant with the snap of my fingers. Being able to get Roosters wings and cold beer to appear out of thin air would also be ideal.
- Flying. There is nothing more beautiful than watching the world from 30,000 feet in the air. It reminds me how insignificant I am as one of many people on this beautiful planet, and to be grateful for having what I have in this world.



See all of the featured alumni at

[optometry.osu.edu/alumni-focus](http://optometry.osu.edu/alumni-focus)



# Homecoming Weekend 2019

# Save the Date!

**FRIDAY, OCTOBER 4 – SATURDAY, OCTOBER 5**

Partnering with the Optometry Alumni Society, The Ohio State University College of Optometry will host Homecoming Weekend FOR ALL CLASSES this fall. On Friday, October 4, there will be a complimentary continuing education presentation at the college prior to an off-campus bash featuring Bad Habits – the Eye Docs of Rock! On Saturday, October 5, we will celebrate with our traditional tailgate in Fry Hall three hours before the Buckeyes kick off versus Michigan State.



## Ticket Sales

Sustaining and Life Members of the Optometry Alumni Society will be eligible to purchase up to two tickets for the Buckeyes football game versus Michigan State on Saturday. Please note the College has updated the Homecoming Weekend football ticket policy:

- No refunds for tickets after purchase
- Block location is determined by Ohio State Athletics Ticket Office – not Ohio State Optometry
- Seat assignments are based on class year, unless otherwise requested during registration - but no guarantees

## Reunion Activities

Registration will begin during the summer, in partnership with the Ohio State Alumni Association Customer Service Team. While Homecoming Weekend invites all alumni to return to campus and celebrate in the special bond that defines BuckEYE Optometrists, there are many ways to arrange specific reunion activities.

Contact Michael Haddock at [haddock.15@osu.edu](mailto:haddock.15@osu.edu) or 614-688-1363 to learn more about:

- Confirming sustaining membership status in order to order football tickets
- Coordinating a class specific gathering during the weekend
- Attending the African American Alumni Breakfast

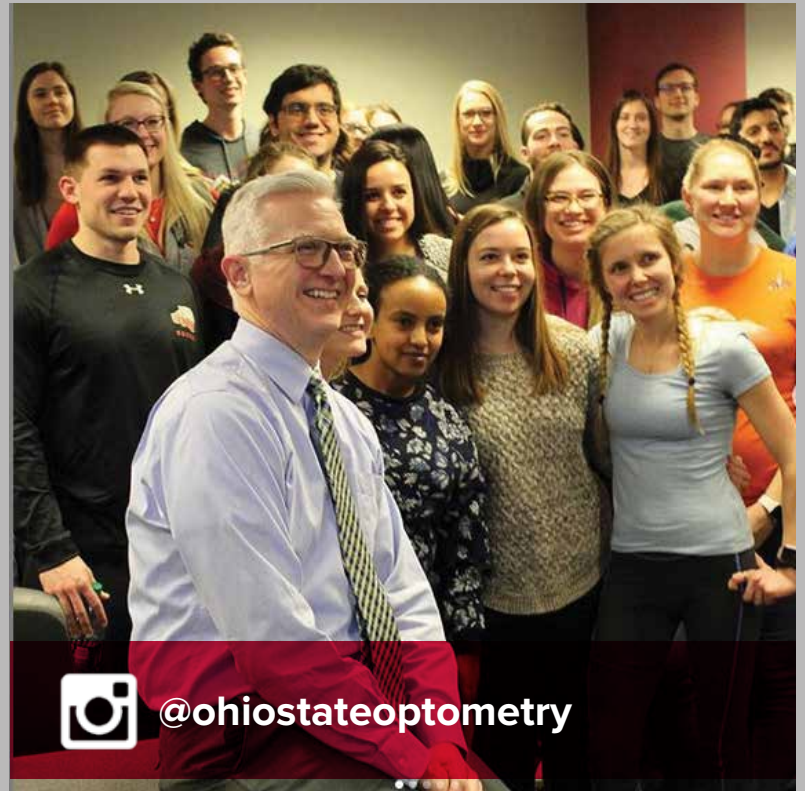


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