

Evolution



There is only one constant in life and that is that we are all *evolving* toward something other than our current status. It is with this in mind that I write my final *Alumnus* article.

It was over a decade ago that I attended my first National Alumni Association meeting. In that time, I have been privileged to serve with some wonderful and dedicated people. At the risk of leaving someone out, I will attempt to list all those with whom I served.

Those that I served with on the board include: Drs. George Ewert, Gerald Andreoli, Sue Deschamps, Jay Lynch, David Taylor, Bill Toth, Gerald Simon, Delilah Anderson, Steve Troeger, Kris Sargent, Robert Frieman, Craig Newman, Bob Humphreys, Nancy Elliot, Baxter Paschal, Audie Klingler, Frank Strehl, Tom Montgomery, Matt Williams and Bill Swanson.

Throughout my entire tenure, Dr. Jim Winterstein has been at the helm. Serving with him during these years were and still are a number of outstanding faculty, staff and administrative colleagues, all of whom contribute to the significance that characterizes our alma mater.

The Alumni Association *evolved* into the President's Alumni Advisory Council (PAAC) with a new purpose and new goals. This Council will help shape the future of our beloved alma mater. I see this as another *evolution* in the continued development of National as the leader in educating physicians who must understand full scope alternative health care. There is not a day goes by without another news bite about how the medical system is not meeting the needs of the consumers. We **are** the future of health care in this country and we must move forward to take our rightful place as the leaders in this movement away from traditional medicine toward holistic methods of health care delivery.

It is with this theme, I invite you to attend this year's homecoming with its "Whole Health Healing" topic as the headliner. Once again, Dr. Winterstein and his outstanding staff have put together a timely and pertinent line-up of speakers including futurist, Gerald Celente.

Here's wishing all of you the best in your *evolution* toward God's plan for your life.

Dr. Thomas D. Stotz, Chair
President's Alumni Advisory Council

Introducing The Chicago Whole Health Center

National University recently completed construction of its **NUHS Whole Health Center – Chicago**, a 2,800 square-foot health and wellness center at 720 W. Maxwell St. in the University Village Marketplace. (The names of the other two university clinics have been changed accordingly to **NUHS Whole Health Center – Aurora** and **NUHS Whole Health Center – Lombard**.)

The Maxwell Street area is an exciting mix of residences, restaurants, stores, and offices located in the heart of the historic Maxwell Street neighborhood. The area survived



Chicago as a way of tying the near south and west sides together with new residential properties.

National looks forward to its new location in this exciting urban area. The facilities of the Whole Health Center – Chicago include seven treatment rooms, a radiology room with digital processors, and lab. The unit also includes a conference area for student recruitment from the UIC campus and small group meetings.



the Chicago Fire of 1871 and in its wake, the area subsequently developed as pushcart peddlers moved in offering discount items of all kinds. It became known as the Maxwell Street Market, and eventually became certified as an official open-air market in 1912.

Development of the Maxwell Street area was a collaboration between the University of Illinois at Chicago, which makes up a large portion of the area, and the city of

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Association's Board of Governors from 1982 to 1983, and also served on the board of directors of the National Chiropractic Mutual Insurance Corporation (NCMIC).

He is survived by his wife, Carol, two children and three grandchildren.

ACA News/February 2008

Dr. Arthur A. Marceca, 81, (NA '49) passed away Aug. 20, 2004. Dr. Marceca practiced in Warren, Pa., for 31 years and in Clermont, Fla., for 20 years.

Dr. Jeffrey L. Mellon, 50, (NA '83) of Frederick, Md., a third generation chiropractor, passed away on April 1.

After high school, he served in the Air Force. Dr. Mellon graduated from National in 1983 and opened his practice in Frederick where he enjoyed helping his patients. Dr. Mellon liked multiple sports, especially golf and the Michigan Wolverines.

He is survived by his parents, three children, two brothers, three sisters, and many nieces and nephews.

Dr. George L.S. Mensch, 87, (NA '54) of Findlay, Ohio, died Jan. 4. He donated his body to the University of Toledo College of Medicine.

After graduation from National, Dr. Mensch opened his practice in Elmore, Ohio, from which he retired in 1985. He was a former resident of Fremont and recently moved to Findlay to be closer to his family.

He is survived by his wife, Bernice, a daughter, three grandchildren, and five great-grandchildren.

Dr. Mark Nitschke, 40, of Botkins, Ohio, died March 10 at Centinela Freeman Hospital in Marina Del Ray, Calif., following a battle with cancer.

He was graduated from The National College of Chiropractic in 1991 and first practiced with the Cramer Chiropractic Clinic in Wauseon, Ohio, for two years. Dr. Nitschke then was associated with Saint Marys Chiropractic for 13 years and started his own practice, Nitschke Chiropractic Wellness Center, in 2006.

Dr. Nitschke was a member of the Saint Marys' Kiwanis Club, had served on the board of the Auglaize County Crisis Center, and was a member of the Saint Marys' Chamber of Commerce and the Southwest Auglaize County Chamber. He enjoyed constructing things, working around the house, playing the piano, and lifting weights.

He is survived by his wife, Linda, two children, Marcus and Lauren, his parents, grandmothers, a sister, three nephews, and a niece.

In Memory of Dr. Mark Nitschke:

"Greatness usually only comes in one category. We honor you, Mark, in a life defined by a quiet greatness in all the important categories, the ones that matter to the heart: as a son, as a husband, as a father, as a physician, and as a friend."
Dr. Warren R. Gerleman (NA '91)
Friend and Classmate of Mark

Dr. L. Thornton Owen Jr. (NA '50) of Atlantis, Fla., died on Jan. 17.

Dr. Duane L. Pavel, 59, died April 14, 2007, in Omaha, Neb.

He graduated from The National College of Chiropractic in 1973 and began practice in Rapid City, S.D. He later moved to Howells, Neb., where he maintained a practice for the next 25 years. He enjoyed golfing, fishing and hunting.

He is survived by his mother, brother, three nieces, and many cousins.

Dr. Rodney Bruce Pike, 51, died unexpectedly on Feb. 1 in Ahwatukee, Ariz. Sadly, his father, Dr. Bruce Pike, followed him on Feb. 2.

Dr. Rodney graduated from The National College of Chiropractic in 1981, and worked as a chiropractor in Tempe for 25 years. He and his father worked together until his father's retirement. He was an avid car enthusiast and also enjoyed boating and riding motorcycles.

He is survived by his wife of 29 years, Diana, his son, Tanner, his mother, two sisters, two nephews, and two nieces.

Dr. Norman H. Singer (NA '51), died Feb. 17 and was buried in Port Orchard, Wash. After graduation, Dr. Singer associated with a chiropractor in Seattle and eventually inherited the practice. Always a student, Dr. Singer became a Certified Chiropractic Orthopedist. He was chairman of the Education Committee of the Washington State Chiropractic Association for several years and also served on a panel of medical orthopedists and neurologists who evaluated labor and industry cases.

(Submitted by Dr. Allen Solemslie (NA'50))

Dr. Jerome W. Wolf (NA '62) of Vandalia, Ill. passed away.

Inside Alumnus



Whole Health Healing

President James Winterstein previews this year's theme for Homecoming — Whole Health Healing.

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Alumni Promote Profession

Two alumni take to the road here and abroad to promote the chiropractic profession and National University.

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Homecoming Schedule June 20-22

Review the schedule of events and read about this year's speakers for Homecoming 2008 on June 20, 21 and 22.

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Updates on NUHS Alumni

Read the latest news about your friends and fellow classmates from your years at National.

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Homecoming and Whole Health Healing

By James F. Winterstein, DC
NUHS President

By the time this reaches you, homecoming will be but a few weeks away and hopefully, here in the Chicago area, winter will finally have lost its hold on our weather. It has been a long and rather cold winter here, so right now with the robins and the early buds on the trees, we are beginning to feel some real hope for warm weather.

Regardless of that, however, by the time the end of June rolls around, it will be beautiful here and hopefully you will have made plans to join us for homecoming as we take a thorough look at the future of the practice of chiropractic medicine.

I think we are especially fortunate to have Mr. Gerald Celente as our plenary speaker, opening our homecoming event. His topic will be **"Planning for a Successful Chiropractic Future: Trends, Strategies and Profit Opportunities."**

The speakers who follow will all contribute to the central theme, which will be promoted by Mr. Celente — "Whole Health Healing." Those of us who have been around for some time will very clearly recall that we practiced what was called "general chiropractic practice." We basically received and managed all who came to us. Our management might have consisted of treatment or referral, but based on our diagnostic work-up, we managed our patients.

Insurance was a dream and we fought to get into the "guild." Once we did, we began to learn that those people with the purse strings also wanted to tell us what we could and could not treat — and they did. So we began to bend to their wishes

because by this time, we had left most of our cash patients behind. After all, insurance paid more than cash patients could afford to pay, and now we are paying the piper, while our patients no longer receive "general chiropractic care."

At homecoming, we will be learning about how to change this — how to get out of the box that mandates what we can and cannot do as physicians. Mr. Celente will kick this off with his trends forecast and this time, I hope, we will listen more carefully. Recall that in 1998, he told the chiropractic profession that it should concentrate on obesity and nutritional counseling. Was he wrong or did we just miss the boat?

I think our opportunity as a profession remains viable and wide open if we have the good sense to listen to those around us who are experts in finding out and telling us what the public wants and needs. Nothing about this suggests that we should not continue to be experts in musculoskeletal syndromes, especially pain-related conditions, but we can go much farther, and I believe it is in that "much farther" aspect that our real future lies. It is also there that the needs of the public lie. Who would deny that the general health of Americans in particular has not degenerated? One need only spend a little time on the park bench watching the overweight people struggling to walk by, the children whose attention span hardly exceeds a few seconds, women in late middle age bent because of mid-thoracic fractures, the result of osteopenia, complexions ravaged by acne, etc.

Yes, there is a place, especially for the well-educated National University physician — practitioners who know how to take a thorough history, examine the patient, arrive at a diagnosis, and determine a proper pathway toward optimizing health and maintaining it.

Yes, there are many issues today especially with health care delivery and health care reimbursement and a public that is accustomed to receiving health care for which it sees no reason to pay. That system is ending and more and more of the responsibility is going back on the individual. This, to me, is our great opportunity — one that should not be missed.

This June, at homecoming, we will be addressing "whole health healing." This is an opportunity that we should not miss. We will have excellent speakers who will provide us with outstanding opportunities to learn how to expand our practices, so that they are able to meet the needs of our fellow citizens now and well into the future.

I am looking forward to seeing all of you here in Oak Brook. For me, it will be 40 years since graduating. How about you?

An American Success Story

In 1995, Ms. Tracy McHugh, after working in various positions at other places of business, began working at National University of Health Sciences as a secretary to the Vice President for Academic Services. Shortly thereafter, when the president's secretary, Mrs. Else Herdegan retired, Tracy was interviewed and accepted as Secretary to the President. In this capacity, she also attended meetings of the Board of Trustees where she was named "Recording Secretary for the Board."

Through the years, Ms. McHugh gradually accepted greater responsibility and in the year 2003, became responsible for institutional fund raising and alumni services. It was at this time, she was promoted to Executive Assistant to the President to allow for her expanding portfolio of responsibility.

Ms. McHugh continued to accept any and all work sent her way and was soon elected by the Board of Trustees as the Corporate Secretary for NUHS. As her work commitments and responsibilities expanded, she was promoted to the position of Executive Administrator to the President.

Most recently, Tracy agreed once again to expand her area of responsibility within the university and will soon oversee additional areas that require administrative attention. On April 12, 2008 she was promoted to the position of Vice President for Administrative Services (VPADS).

The President's perspective on employment at National has always been "employ for attitude and train for skill." Ms. McHugh, who is a holder of the President's Quality Service Award, epitomizes this precept and we congratulate her on her outstanding accomplishments.



Alumni Promote Chiropractic

Retired chiropractor gives back!

This certainly is the case for **Dr. William E. Waln**, former National postgraduate dean, who devotes a considerable amount of his retirement traveling the world combining his mission and tourism.

Dr. Waln and his wife, Donna, a registered nurse, have assisted missionaries in Mozambique and Kenya, Africa, with construction needs; taught English in the Black Forest of Germany; cleaned basements in the Czech capital of Prague after devastating floods; and assisted in a missions conference in Amsterdam. In addition, they've been able to tour New Zealand, Australia, China, Turkey, Israel, Jordan, Egypt, Europe, and Central America.

Last February, Dr. Waln and Donna joined Vets With A Mission (vwam.com), a faith based group of Vietnam veterans, for "the experience of a lifetime" in Vietnam. In addition to Dr. Waln, the medical team consisted of an American DO, five nurses including Donna, an EMT, an occupational therapist, seven non-medical personnel, and three Vietnamese doctors who joined them there. The team established a clinic in the poor village of Dong Ha near the DMZ.

Donna and other nurses assisted with triage of all patients, which totaled 1,485 over an eight-day period. Patients received multi-vitamins, Tylenol, and parasite medicine, and any other medications if indicated. "I personally examined and treated over 50 patients per day," Dr. Waln recalls. "Every individual received an examination of heart and lungs, abdomen, EENT, spine, and posture. They also received a full spine adjustment and extremity work if that was their chief complaint."



The mission also purchased wheel chairs, canes and walkers for distribution to needy patients. Dr. Waln was charged with providing the patient with the necessary training in their use. In addition, 23 individuals were referred and sponsored to a nearby hospital for lifesaving surgical procedures.

Dr. Waln's experience was so rewarding that he and Donna decided to do it again, noting there is always the need for more medical help on these trips, including chiropractors.

This past February, the pair first toured Cambodia, Laos and Malaysia, before arriving in Vietnam to conduct another two-week clinic. This medical team included the same DO from the previous trip, a surgeon from Virginia, six nurses, a nurse practitioner, three EMTs, and 12 non-medical personnel. They worked in two different clinics and treated about 800 patients.

"We were supposed to work in a small, poor village near the Laotian border, but the Vietnamese government put a hold on our activities," Dr. Waln recalls. "The government officials cannot accept that a group of people would spend their money, time and expertise to help others and expect absolutely nothing in return. They are continuously looking for an ulterior motive."

Before leaving Vietnam for a tour of Thailand and returning home to Winfield, Ill., Dr. Waln left a portable table at the WVAM Saigon office for the use of future visiting chiropractors.

"At 74 years of age, I expected this experience would exhaust me and I would drag myself back to the hotel each evening. Not the case. I was energized in the evening even more than in the morning," he says.

Dr. Waln (LI '55) came to National in 1980 as clinic administrator after 26 years of service in the U.S. Navy, the last 16 of which were in hospital administration. In 1987, he was named dean of the Lincoln College of Postprofessional, Graduate and Continuing Education, a post he held until his retirement in 1999.

DC Takes NUHS Show on the Road

Dr. Robert R. Atnip (NA '71) of Smithville, Tenn., loves talking about the benefits of chiropractic and National University in particular.

Dr. Atnip is one of five Atnip men who attended National. The chain started with Dr. Robert's father, Norman R. (NA'37) and his late brother, Eric, and followed with Dr. Eric's son, E.A. of Livingston, Tenn., and Dr. Robert and his brother, Dr. Norman M. 'Max' of Cookeville, Tenn.

Dr. Robert held down a variety of jobs before seriously preparing for a career in the insurance industry. Then when the opportunity came for him to go back to school, he packed up his belongings and told his wife, Guylene, that he was going to Chicago and going to The National College of Chiropractic. "I didn't tell her ahead of time because I didn't know if I was going to back out," he recalls.

Although his father never pushed him toward chiropractic or National, Robert recalls his father always saying, "Wherever you go, go to the best."

"National is the best. National is to chiropractic what Harvard is to law," states Dr. Robert matter-of-factly. "If you're going to get a drink of water, you go to the head of the stream. You don't go further down where the water is stagnant."

Dr. Robert's love for National has kept him busy as an Alumni Ambassador — always ready to visit a college fair and share the good news about his alma mater with prospective students. He draws attention to his NUHS display table with a colorful array of maroon and white helium balloons, maroon ribbons and table covering, a jar of candy, and plenty of printed materials about National.

Most recently, Dr. Atnip represented the university at the 2nd Annual Vanderbilt University Health Professions Graduate School Fair in Nashville, Tenn., on March 11, representing both the chiropractic and naturopathic medicine degree programs. Approximately 200 students plus academic advisors attended the event.

Dr. Atnip and his wife Guylene (pictured on the left in the photo), a chiropractic assistant, participated in the 2008 Career Day sponsored by DeKalb County High School in Smithville, Tenn. He estimates around 800 students, teachers, and college representatives attended the career day.



Visitors to the booth were able to pick up NUHS educational brochures, bulletins, pencils, pens, and water bottle holders. The ACA also provided Dr. Atnip with 200 sport stop watches and FCER donated 200 brochures entitled, "Your Options as a Chiropractic Patient."

National established the Alumni Ambassadors Program to utilize the knowledge and experience of alumni in promoting the university. Ambassadors represent NUHS at career fairs, visit local schools to promote the college's chiropractic program, and host prospective students at their offices. National grads who are interested in becoming an Alumni Ambassador may contact Teri Solarz Hatfield, coordinator of graduate recruitment, in the Office of Admissions, 1-800-826-6285 or tsolarz@nuhs.edu.

National News

New Grant Award

Dr. Gregory Cramer, NUHS dean of research, reports that the NIH/NCCAM grant application entitled, "Administrative Supplement to Z Joint Changes in Low Back Pain Following Adjusting to Support Thomas Grieve, DC" (#3R01 AT000123-05S1) was awarded, effective April 1. This award pays 75% of Thomas Grieve's salary (the other 25% is paid through the R25 grant) plus funds for research supplies, one year of tuition (three semesters) in the UIC MPH program, and attendance at two scientific conferences. Dr. Grieve will be developing a grading system for Z joint degeneration from MRI scans and then correlating degeneration with gapping of these joints following manipulation. This award can be renewed for an additional year if acceptable progress is made.

Faculty Achievements

In recent months, the following NUHS faculty members have been promoted in rank. **Dr. Robert Appleyard**, chair of the Department of Basic Sciences, has been promoted to professor. Raised to the rank of assistant professor were **Dr. Antonio Bifero**, microbiology, **Dr. Kristina Connor**, naturopathic medicine, and **Dr. Muhammad Khan**, anatomy. **Dr. Hui Yan Cai**, a new faculty member in Acupuncture and Oriental Medicine program, has been promoted to the initial rank of professor, based on prior faculty experience and assessment by the Committee on Rank and Promotion.

Dr. Theodore Johnson, formerly head of the Chicago General Health Services, has been appointed assistant dean for chiropractic medicine.

Dr. Vincent DeBono, vice president for academic services, has been elected as a public member of the Police Commission in Manhattan, Ill. Dr. DeBono is completing a vacated position and will be eligible for re-election to a full two-year term in the fall.

Dr. Marc McRae, assistant professor in biochemistry, was recently published in the *Journal of the American Nutritional Association*. His paper was entitled "The Effect of Vitamin C Supplementation on Blood Pressure with Hypertensive Patients: A Meta-analysis of Randomized Controlled Trials."

Honorary Doctorate

National University of Health Sciences conferred the honorary Doctor of Laws (LLD) degree on **Melvin J. Collins**, admissions alumni coordinator, following his delivery of the commencement address at the April 19 graduation ceremony. The honor recognizes those who have distinguished themselves in offering notable and invaluable service to the chiropractic profession. From 1966 to 1970, Collins served as admissions coordinator for the American Chiropractic Association (ACA), and for over 22 years, he has served on the admissions staff of National University. He was awarded the NUHS President's Quality Service Award in 1998, and was elected to the NUHS Hall of Fame in 2001.



"We're proud to have sterling people like Mr. Collins on our university's staff and as contributors to the chiropractic profession," says President James Winterstein.

Alumnus

THE NEWSLETTER FOR NUHS ALUMNI

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Homecoming '08 Schedule of Events

Friday, June 20, 2008

8:30 - 10:00 a.m. Whole Health Healing
Mr. Gerald Celente

10:00 - 10:45 a.m. Refreshment Break

**10:45 - 12:15 p.m. Unlocking the
Mystery of Gluten Sensitivity**
Thomas O'Bryan, DC

**12:15 - 1:30 p.m. NUHS Alumni
Association & Class Reunion Luncheon**

**1:30 - 3:00 p.m. Myofascial Assessment and
Management of Soft Tissue Disorders**
Thomas Hyde, DC

3:00 - 3:45 p.m. Refreshment Break

Saturday, June 21, 2008

**8:00 - 9:00 a.m. 50 Year Club Breakfast
(Invitation Only)**

**8:30 - 10:00 a.m. Oxidative Stress:
Identifying & Mitigating a Powerful
Disease Promoter**
Fraser Smith, ND

10:00 - 10:45 a.m. Refreshment Break

**10:45 - 12:15 p.m. Integrative Chiropractic
Care in Sports & Rehabilitation**
Donald Aspegren, DC

**12:15 - 2:15 p.m. Luncheon & President's
State of the University Address**

Sunday, June 22, 2008

8:30 - 10:00 a.m. Current Research at NUHS
Gregory Cramer, DC, PhD & Associates

10:00 - 10:30 a.m. Refreshment Break

DON'T MISS THIS EVENT!!!

10:30 a.m. - 12:00 p.m. Whole Health Healing
Gregory Cramer, DC, PhD
Vincent DeBono, DC
Thomas Hyde, DC
Matthew Kowalski, DC
Chris Mote, DC
Thomas O'Bryan, DC
Fraser Smith, ND

**3:45 - 5:15 p.m. Chronic Stress: Antagonist
to Whole Health**
Chris Mote, DC

**6:00 - 7:30 p.m. On Campus Reception
NUHS Learning Resource Center**

**6:30, 6:45 and 7:00 p.m. Campus Tours
leaving from the Learning Resource Center**

Evening Activities On Your Own

Exhibit Hours: 7:30 a.m. - 6:00 p.m.
Registration Hours: 7:30 a.m. - 4:00 p.m.
On-Site Clinic Hours: 9:00 a.m. - 5:00 p.m.

**2:15 - 3:45 p.m. Models of
Integrative Care in Chiropractic**
Matthew Kowalski, DC

3:45 - 4:30 p.m. Refreshment Break

**4:30 - 6:00 p.m. Whole Health Healing
at the Crossroads**
Vince DeBono, DC

6:30 - 7:00 p.m. Cocktail Reception

**7:00 - 10:00 p.m. Saturday Evening Banquet
Entertainment by Christopher Carter**

Exhibit Hours: 7:30 a.m. - 4:30 p.m.
Registration Hours: 7:30 a.m. - 4:00 p.m.
On-Site Clinic Hours: 9:00 a.m. - 6:00 p.m.

What Will the Panel Focus On?

Using several excellent patient cases from our clinics, the panel will discuss how to diagnose and manage the patient holistically. It will be an excellent source of information and was an outstanding success last year!

Homecoming Speakers

James F. Winterstein, DC, DACBR



Dr. Winterstein graduated from National College in 1968 and completed his residency in radiology in 1970, the same year he earned his diplomate in radiology. He was in private practice for 17 years in Florida before returning to National as the clinic chief of staff in 1985. One year later, he was elected the institution's sixth president, a post he has held since May 15, 1986. During his presidency, Dr. Winterstein has committed himself to improving and developing the university's academic programs and in so doing, raise the standards of the chiropractic profession. He was instrumental in the reorganization of National from a single-purpose college to a hub of integrative health care education, which encourages and promotes collegiality among various members of the complementary and alternative professions.

Donald Aspegren, DC



Donald Aspegren, DC, MS, FICC, is an assistant clinical professor in the Department of Rehabilitation at the University of Colorado School of Medicine. After graduating from The National College of Chiropractic in 1985, Dr. Aspegren went on to perform a two-year residency under James M. Cox, DC, DACBR, in Ft. Wayne, Ind. Dr. Aspegren specializes in sports medicine and has worked with the Professional Golf Association Tour's Sports Medicine Program, the U.S. Olympic Sports Medicine Program, and served as national director of education and research for the Wrangler Sports Chiropractic Program and regional director for the Mountain States Pro Rodeo Circuit. The Wrangler Sports Chiropractic Pro Rodeo Program elected Dr. Aspegren "Doctor of the Year" in 1993 and the Colorado Chiropractor Association elected him "Sports Doctor of the Year" in 1994. Dr. Aspegren has numerous publications to his credit in both peer-reviewed journals and texts.

Mr. Gerald Celente



Mr. Celente is director and founder of The Trends Research Institute® and is the pioneer in forecasting, analyzing and managing trends. He is the author of the national bestsellers *Trends 2000: How To Prepare For and Profit From The Changes of The 21st Century* and *Trend Tracking: The System to Profit from Today's Trends*. Gerald Celente is well respected for his track record of picking business, consumer, political, and economic trends before they come to pass. It is his job to see the future and understand how the issues and events of today will determine the trends of tomorrow. His extensive knowledge and expertise — he is the world's only analyst who covers 300 diversified trends fields — make him a favorite of major media, which calls on him for his unique perspectives on the current events forming future trends. He has been featured on The Today Show, Good Morning America, The Oprah Winfrey Show, and all major networks, and been quoted in the Wall Street Journal, U.S. News & World Report, Time, Business Week, and other domestic and world print publications.

Gregory Cramer, DC, PhD



Dr. Cramer, dean of research at National University of Health Sciences, graduated from National in 1979 and earned a PhD in basic medical sciences (anatomy) from the Medical College of Ohio (now a college of the University of Toledo) in 1987. He has worked on many FCER and NIH funded projects related to his interest in both human and animal research designed to determine the mechanisms of action of chiropractic adjusting. In 2005, he was honored by the American Chiropractic Association (ACA) with its "Researcher of the Year" award. Dr. Cramer has published over 100 abstracts, papers, and book chapters, and is co-author (with Susan Darby, PhD) of the text, *Basic and Clinical Anatomy of the Spine, Spinal Cord, and ANS*, the second edition of which was published in 2005. Dr. Cramer will moderate this fast-paced session in which the primary investigators will highlight ongoing NUHS research in short synopses. Last year, NUHS researchers and faculty submitted 12 grant applications and submitted or published 56 papers, abstracts, and book chapters.

Vince DeBono, DC



Dr. DeBono is the vice president for academic services at National University of Health Sciences. He graduated from National in 1989 and was a staff clinician at National's Lombard clinic and the Chicago General Health Service. He served as dean of clinics for one year prior to his appointment as vice president. In addition to chiropractic practice, Dr. DeBono's areas of interest include soft tissue release techniques, KinesioTaping, and conservative management of sports related injuries. He has extensive experience in teaching postprofessional courses on the national and international levels. Dr. DeBono is an avid runner having completed five marathons and six triathlons.

Thomas Hyde, DC, DACBSP



Dr. Hyde received his BA degree in biology from Florida State University following a five-year stint in the United States Marine Corps. He then taught science and physical education at the junior high level before attending Logan College of Chiropractic. He has practiced in Miami, Fla., since graduation and received his Diplomate of the American Chiropractic Board of Sports Physicians in 1993. Dr. Hyde has served as the team physician for the Miami Dolphins and several high school and university teams. He is an authority on sports chiropractic and the pathophysiology of the athlete and has lectured worldwide on sports related injuries. He co-edited the text, *Conservative Management of Sports Injuries*, and has written many peer-reviewed articles for various professional journals.

Matthew Kowalski, DC, DABCO



Dr. Kowalski received his doctor of chiropractic degree from National College in 1990 and completed a two-year residency in orthopedics at the National-Lincoln School of Postprofessional, Graduate and Continuing Education. He is in private practice in Holbrook, Mass. and has been the consulting chiropractor for Braintree Rehabilitation Hospital since 1992, the first Massachusetts chiropractor to be granted hospital privileges there. Dr. Kowalski has lectured on the subject of spinal orthopedics throughout the United States and has been a guest lecturer for the Academy of General Dentistry as well as Harvard Medical School on the subject of acute low back pain. He has authored and co-authored many abstracts and publications. His teaching skills and knowledge of orthopedics brings an exciting dynamic to the Graston teaching team.

Chris Mote, DC



Dr. Mote is a chiropractic physician specializing in functional testing and medical nutrition. He has been in practice since 2000 helping patients find the underlying reasons for chronic health problems. Additionally, Dr. Mote has worked as a physician consultant and lecturer for BioHealth Diagnostics, OrthoMolecular Products, Inc., National University of Health Sciences, National College of Naprapathy, and other local organizations. Dr. Mote is the author of *Nutritional Efficacy*, a physician's handbook for treating chronic health problems using nutraceuticals, and is the founder of The Physician's Toolbox, a program to educate practitioners on how to diagnose and treat chronic health problems. Currently, he is pursuing a degree as a doctor of osteopathic medicine at Midwestern University in Downers Grove, Ill.

Thomas O'Bryan, DC



Dr. O'Bryan is a 1981 graduate of National College. He is a Diplomate of the National Board of Chiropractic Examiners, a Diplomate of the Clinical Nutrition Board of the American Chiropractic Association, and a Certified Clinical Nutritionist with the International and American Association of Clinical Nutritionists. He is a Certified Practitioner in Functional Biomechanics from the Motion Palpation Institute. Dr. O'Bryan is a member of the Institute of Functional Medicine, the International and American Association of Clinical Nutritionists, the American Chiropractic Association, the International Academy of Preventive Medicine, and numerous other professional organizations.

Fraser Smith, ND



Fraser Smith, ND, is assistant dean of naturopathic medicine for the College of Professional Studies at NUHS. He graduated from the Canadian College of Naturopathic Medicine in 1997. At CCNM, he completed a residency in naturopathic family medicine, and also served as a clinician/faculty member, teaching physical diagnosis, nutrition and clinical theory. He was dean of CCNM's naturopathic program from 2001 to 2003 and joined National University in 2005. He has steered National's Doctor of Naturopathic Medicine Program from its inception through its most recent award of candidacy from the Council on Naturopathic Medical Education.

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If you'd like a quick way to register for the 2008 NUHS Homecoming, just go to our website at www.nuhs.edu. On the bottom of the Home Page is a link directly to the Homecoming site. Click on "Registration" and then select either the Chiropractic/Naturopathic registration form or the Massage Therapy registration form. Fill it in, submit, and you are registered. You may also download the form and mail it, if you choose.

We're looking forward to seeing you soon!



Alumni News

1970s

Dr. Robert Mastronardi (NA '77) of Warwick, R.I., has been elected to a two-year term on the American Chiropractic Association's Board of Governors. He will represent chiropractic physicians in eight eastern states and will serve as chairman of the association's finance committee. Dr. Mastronardi is a past recipient of the Chiropractic Society of Rhode Island's Chiropractor of the Year award, and in 1997 was named a Fellow of the International College of Chiropractors. Previously, he served as the ACA's delegate to Rhode Island for 19 years.

Dr. Nicholas J. Roumpakis (NA '79) recently received his Master of Arts in Teaching Degree (MAT), coupled with a teaching certificate in biology from National-Louis University, Wheeling, Ill. He teaches environmental science, biology, and his love and passion, anatomy and physiology, at Hope College Prep High School in Chicago, Ill., and brings his classes to National for tours. He credits National for giving him the solid foundation that he used in practice and uses now in teaching. "Doctor means 'teacher,' and I always thought I would teach someday," he says. "Now, I bring experiences from 28 years of practice to give high school students entering the health professions a good foundation in anatomy."

Dr. Stephen E. Sligh (NA '76) of Lakeland, Fla., was recognized by the Back Pain Recognition Program of the National Committee for Quality Assurance (NCQA) for providing superior care to his patients suffering from low back pain. To receive recognition, which is valid for two years, Dr. Sligh submitted data demonstrating performance that meets the program's key measures, which include appropriate imaging for acute back pain and recommendation for exercise.

1980s

Richard Davis, DC, DABCO (NA '82), who has a successful private practice in Conover, N.C., was recently elected president of the North Carolina Chiropractic Association. Dr. Davis served as president of the North Carolina Board of Chiropractic Examiners in 2004. He would love to hear from his classmates at rickdavidsc@charter.net.

Dr. Jerrold Simon (NA '84) of Lancaster, Ohio, recently passed both Parts I and II of the diplomate exam offered by the International Board of Electrodiagnosis. In March, Dr. Simon was selected vice president of the ACA Council on Rehabilitation. Dr. Simon has practiced in Lancaster for over 20 years and is now only the second chiropractic doctor in Ohio to earn diplomate status from the International Board of Electrodiagnosis. In addition, he was the first chiropractic physician in Ohio to earn a postgraduate diplomate in rehabilitation.

Dr. James Stoxen, (NA '86) president, Team Doctors, Treatment and Training Center of Champions, in Chicago, Ill., was featured in the Feb. 26 and March 11 issues of Dynamic Chiropractic. In the two-part article, "A Day in the Life of a Celebrity Chiropractor," Dr. Stoxen related experiences gained in his 20 years of practice with celebrity entertainers and athletes. He emphasized the importance of maintaining a professional demeanor, following a specific protocol and cautioned against acting too much like a fan or opportunist — "Your backstage pass is a working pass, so you are there to work... If you do the work, you get paid. Don't give care away or trade care for memorabilia," he says.

Sr. Brigitte Yengo, DC, MD (NA '87) stopped by the National campus for a visit on April 15 and met with President Winterstein and Dean of Students Daniel Driscoll. She was in the U.S. for a Blake family wedding, benefactors of hers when she was a student. While on campus, she stopped by the bookstore to purchase anatomical posters and other supplies used in her ministry to the orphaned, homeless and

handicapped in Brazzaville, Republic of the Congo, Africa. (<http://www.sisteryengoschildren.org/home.html>) Since her last visit to the States, Sr. Yengo took four athletes from the Congo to the 2007 Special Olympics World Summer Games in Shanghai, People's Republic of China, in October 2007. Two of the four won gold, the first ever for the Congo, one won silver and one won bronze.



Dr. William Toth (NA '88) and his wife, Julie, of Houston, Texas, announce the arrival of a their third child, Lindsey Kay Toth on March 4 at 6 lbs. 11 ozs. Lindsey joins big brother, Luke, and big sister, Casey.

1990s

Craig Kozak, DC, DABCO (NA '99) of Fraser, Colo., has reopened the Arapaho Chiropractic Center in Fraser with Dr. Susan Ha offering a team-based treatment approach in chiropractic, rehabilitation and acupuncture. After graduation from National, Dr. Kozak undertook a three-year clinical residency in orthopedics and rehabilitation at Southern California University of Health Sciences leading to the DABCO and is completing a second diplomate in rehabilitation.

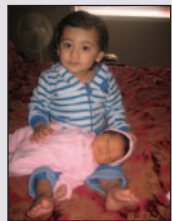


2000s

Stuart Berry, DC, DO (NA '00) and **Shannon (Gilmore) Berry DC, CNM** (NA '00) welcomed their second son, Newton Gilmore Berry, on Dec. 23, 2007. Newton, 9 lbs. 4 oz., was born at home and delivered by his father with the support of a midwife. He was welcomed by his 15-month-old brother, Darwyn. Stuart is a lieutenant in the Navy and Shannon is an independent contractor for the Department of Defense. Both are employed at Naval Medical Center Portsmouth and reside in Chesapeake, Va.



Dr. Anthony V. D'Antoni (NA '03) of Staten Island, N.Y. is course director of Preventive Medicine and Public Health at Touro College of Osteopathic Medicine in Harlem, New York City. He teaches in the gross anatomy and histology laboratories and is a facilitator in the problem-based learning course. Dr. D'Antoni's research interests include anatomy of the spine, epidemiology of spinal trauma and medical education. He is currently investigating the role of mind-mapping as a learning strategy to enhance recall in medical students, and is a PhD candidate (ABD), Health Sciences, at Seton Hall University School of Graduate Medical Education. Dr. D'Antoni is also the founder and CEO of Comprehensive Chiropractic Services, PC in Staten Island.



Dr. Jasvinder Lamba Johal, (NA '00) of Calgary, Alberta, Canada, and her husband, Paul, welcomed a new addition to their family on Feb. 23 — Maya Kaur Johal, born at 9:59 p.m. at 6 lbs., 5 ozs. and 19 inches long! Maya is pictured with big brother, Sajan.

Esperanza Lee, a 2007 graduate of National's Massage Therapy Certification Program, conducted a three-session course in baby massage in March for Lombard, Ill. residents through the Lombard Elementary School District 44. A grant from the Illinois State Board of Education funded the course for pregnant women and parents with babies through pre-walking stage.

Dr. Heather Miley (NA '05), a resident in Diagnostic Imaging at NUHS, has successfully passed Part 1 of the ACBR examination. She will be taking Part 2 in August.

Dr. Sean Murphy (NA '00) of Carleton Place, Ontario, Canada, has built a brand new facility for himself and his wife Christine Murphy, a registered massage therapist. After seven years in practice, he opened the doors to the new 1,900 square-foot Murphy Chiropractic Health Centre adding special touches such as a fireplace, presentation room and three massage rooms. Dr. Murphy credits National University of Health Sciences and particularly Dr. Bruce Hodges, for his entrepreneurial spirit and business sense. "National not only teaches you to be an amazing chiropractor, but also educates you to be independent, professional and extremely successful in practice." Dr. Murphy has a large wellness practice and works closely with other health professionals in the area.



Dr. Benjamin Ryan, (NA '02), has established the New Life Chiropractic & Wellness Center at 65 Central Street, Suite A, in Georgetown, Mass.

In Memoriam

Dr. Roy Allard, 93, (NA '55) died Feb. 27 in Leesburg, Fla. He worked in the textile industry prior to joining the Army and serving in World War II as a paratroop instructor in the Airborne Division. He worked in a variety of occupations after leaving the service before finding his life's passion — chiropractic.



Treatment he received for a parachute jump injury, led him to National to embark on a career as a chiropractor at the age of 41. "He was an ardent supporter of the college as well as chiropractic," said his daughter, Dr. Sharon Buerker (NA '82). "We spent many dinner conversations talking of Dr. Joseph Janse, and it was these times that inspired me to follow in his footsteps."

Dr. Allard practiced in Schenectady, N.Y., where he lovingly served his patients and colleagues for more than 50 years. He was a past president of a district of the New York State Chiropractic Association and led several district chiropractic groups.

Dr. Allard practiced until the age of 82. "He worked hard to educate the public about the many attributes of chiropractic," said his daughter, "and was a mentor to many up and coming chiropractors."

Dr. Richard Armstrong (NA '51) died Jan. 7 and was buried in Rockford, Mich. Shortly after graduation, Dr. Armstrong was drafted and served in the Vietnam and Korean conflicts. After service, he returned to National for a trimester refresher. Although he had been an excellent student and skillful adjuster, he lost his zeal for practice. A banker friend asked him to do some courier work and he soon found himself running an armored car service. He sold his multi-million-dollar business and retired about eight years ago. (Submitted by Dr. Allen Solemslie (NA'50))

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In Memoriam continued from page 6

Dr. Gene C. Billingsley (NA '52) of Orlando, Fla., died Dec. 4, 2007.

Dr. Mary E. Schaefer Bogar-Wayt, 86, of Salem, Ohio, died Dec. 20 in Poland, Ohio. She was the mother of Dr. William Bogar, NUHS chief of Diagnostic Imaging.



Dr. Bogar-Wayt graduated from National in 1942. She opened her first office in Alliance, Ohio, and shortly thereafter, joined the WAVES and served during WWII. After service, she opened a practice in Sebring, Ohio, and finally, her most recent practice in Salem. She practiced for more than 50 years and was a member of the ACA and the Ohio State Chiropractic Association.

Dr. Mark S. Bradley, 56, of Russellville, Ark., died March 5 at Saint Mary's Regional Medical Center. He graduated in 1976 from The National College of Chiropractic, and was the owner/operator of Bradley Chiropractic Clinic PA in Russellville for more than 30 years. Dr. Bradley was a former president of the Arkansas Chiropractic Association, former president of the Russellville Kiwanis Club, and member of many boards and committees. He was a former Scout leader, served on the Arkansas State Board of Health and was a member of First Free Will Baptist Church.

Anthony Cacioppo, DC, MS, DABCO, DIBCN, passed away Friday, Nov. 9, 2007.

Dr. Cacioppo graduated from Palmer College of Chiropractic in 1960. He had private practices, served in Vietnam in 1971, was a clinical instructor at The National College of Chiropractic, and most



recently served as director of community clinics at Palmer College.

Dr. H. Alton Christian, (NA '50) of Clarkdale, Ariz., died March 1.

Dr. E. Paul DeRose, 80, (NA '48) died Feb. 29, in Kissimmee, Fla. A gathering of friends celebrated Dr. DeRose's life at the Good Samaritan Village Clubhouse at Kissimmee. He is survived by his wife of 57 years, Carol, and nine children.

Dr. John Earl 'Jef' Fish, 58, died of cancer on December 15, 2007, at his Queenstown, Md. home.

Dr. Fish owned and operated a successful real estate appraisal firm until 1989 when he decided to make a career change. "That's when he realized he had a passion for helping others," said his daughter, Dr. Kristin M. Mowry, a chiropractor who now owns and operates her father's former practice, the Healing and Wellness Center, on Kent Island.

After graduation from The National College of Chiropractic in 1997, Dr. Fish started his Eastern Shore practice where he specialized in techniques for health and wellness. "He had a tremendous impact on the Eastern Shore community and will be remembered by his patients as a compassionate doctor who listened and truly cared," Dr. Mowry said.

Dr. Fish was an athlete who competed in several marathons and triathlons.

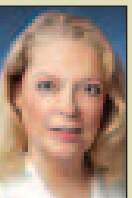
Dr. Fish is also survived by his wife, Michele, a son, Christian, his parents, three brothers and two sisters.

Jan. J. Jensen, DC, LAc (NCCA), 56, of Milwaukee, Wis., passed away Feb. 14 after a two-year fight against cancer.

A native of Chicago, she was the first pre-med graduate of

the University of Wisconsin-Milwaukee. In 1979, she graduated from The National College of Chiropractic and shortly after returned to Milwaukee to start her practice, the Jensen Health & Energy Center, now located in Elm Grove.

Early in her career, Dr. Jensen became interested in how the mind, body and spirit could affect each other. She trained in clinical kinesiology as well as other specialties, including homeopathy, allergy elimination, nutrition, herbology, and Chinese medicine. "She put together a holistic clinic before that was a buzzword," said a member of her staff.



"Traditional neurologists and others would refer patients to her when they couldn't figure out what was wrong," said her husband, Timothy Meyer. "She had people coming to see her from all over."

Dr. Jensen had been a member of the International College of Applied Kinesiology, the Clinical Kinesiology Organization for Research and Education, the American Chiropractic Association, the ACA Council on Nutrition, the American Association of Oriental Medicine, and the Wisconsin Acupuncture Association.

Dr. Jensen was also involved in the "slow foods" movement, which promotes healthy, sustainable food production close to home. She also earned her private pilot's license, took up sailing, and loved to travel and ride her Harley-Davidson.

She is also survived by her parents, a brother, and five stepchildren.

Dr. Don Milton Krogh, 76, died in early December 2007 in Chandler, Ariz. He graduated from The National College of Chiropractic in 1956. After graduation, Dr. Krogh joined his father's practice in Omaha, Neb.

He served as chairman of the American Chiropractic