

My Point of View



Well, it happened again! Just two weeks ago I was having one of my somewhat regular phone calls with a colleague who informed me that he is closing his doors and going to find work other than in the chiropractic profession. All in all, I know somewhere in the neighborhood of a dozen colleagues who have decided to leave the profession. Let me be quick to point out that these doctors are not all National grads, but this is a troubling trend that we are seeing all too often today.

I have heard a wide variety of reasons such as frequent reviews, resubmissions ad infinitum, denials, not covered by your plan, PT is covered when provided by a PT only, and of course one of my favorites, chiropractic manipulation is covered only when provided by a PT. Yes, I saw that on one claim. The third party payers are trying to box us into a very small corner.

All of this to say that when one is part of the "adjunct faculty" at National, there are of course, ways to slip in a side door so as not to be noticed by anyone as you move toward your assigned classroom to give your lecture. However, I prefer bounding through the front door with six-guns blazing. As you might guess, on occasion I run headlong into Dr. Winterstein who always wants to know how things are going, etc.

All of these colleagues leaving practice has not escaped JFW's observation either and recently during one of our front hall chats, Dr. W. asked if I would be willing to give a presentation at Homecoming. Being the shy sort, I immediately agreed as long as I could title the presentation, "Thriving in These Tough Times" or something of that nature. You see, while others are struggling, I am in my second consecutive growth year. Come on back to Homecoming and let's have a discussion on how you might kick your practice up to the level of satisfaction and remuneration you desire... and then we will go and have a beverage together.



Dr. Frank Strehl, Honorary Chair
President's Alumni Advisory Council

Spring Brings Growth to NUHS in Florida

Hello from Florida!

As spring has sprung and with it new things aplenty, so is the case here at our St. Petersburg branch campus. Spring has found us newly and fully accredited with the Higher Learning Commission. President Winterstein and I celebrated by unfurling our new banner, which will soon

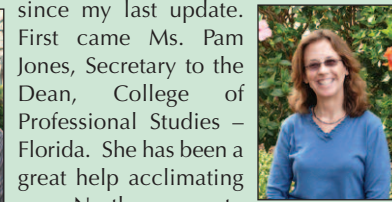


find its home among the other University Partnership banners at St. Petersburg College (SPC) just a few feet from my office.

Our staff and faculty has grown by leaps and bounds



Dr. Maola



Ms. Jones

Florida. We have also hired two full-time faculty members, Dr. Rebecca Walter

and Dr. Chad Maola. Dr. Walter will be teaching several Physiology courses and Dr. Maola is serving as full-time on-site clinician.

Where there are clinicians... there are clinics! NUHS has extended the clinical experience to Florida with the opening of a student clinic on SPC's Caruth Health Education campus. Additionally, NUHS will provide clinical services, free of charge, to all of the SPC faculty, staff and students. This is an exciting opportunity, as SPC services more than 60,000 students annually. Dr. Maola,



Dr. David Parish, NUHS Dean of Clinics, and I readied one of the new treatment rooms where Dr. Maola will be joined by NUHS interns who wish to fulfill their clinical education requirements in Florida.

Pam and I will be at Homecoming, June 18-20, and look forward to sharing the latest developments in Florida with you.

Dr. Joe Stiefel, Dean
NUHS - St. Petersburg Campus

In Memoriam continued from page 7

the Illinois Chiropractic Society, which he served as president for two terms in 1975 and 1976, and through which he was elected Chiropractor of the Year in 1978. He was also involved over the years in many community organizations and St. Paul Lutheran Church. He earned his private pilot's license and enjoyed many outdoor activities. Dr. Jensen is survived by his wife, Joan, six children, 20 grandchildren, and one great-grandchild.

Dr. James H. Kindt (1952) of Robinson, Illinois.

Dr. Nicholas G. Mitchell (1956) of Northbrook, Illinois, died February 13 from sepsis as a result of a kidney transplant. He graduated from Northwestern University with a B.S. degree and attended the University of Illinois where he was a candidate for a master's degree in physiology. Dr. Mitchell graduated from National College as valedictorian and subsequently taught basic sciences at National for six years. From 1976 to 1980, he owned and operated three full-time clinics, specializing in workmen's compensation and personal injuries. He is survived by his wife, Georgia, two daughters, and two grandchildren.

Felix Perel (1981), a French missionary priest and chiropractic physician who ministered in Brazzaville, the Congo, passed away recently. Father Perel spent years tending to the spiritual needs of Brazzaville residents and then was sent to the United States to become a chiropractic physician, graduating from National College of Chiropractic in 1981. Dr. Perel served as the only health care provider in Brazzaville for many years until retiring to France.

Dr. Robert D. Richards (1949) of Geneseo, Illinois.

Dr. Fred Russell (1948) of Tampa, Florida.

Dr. Einar U. Saari (1951) of Seminole, Florida, died October 8, and was buried at Bay Pines National Cemetery in Bay Pines, Florida. Born in Fairport Harbor, Ohio, he moved to Kentucky after serving in the Army during WWII. Dr. Saari graduated from Lincoln College of Chiropractic and practiced in Kentucky until moving to Winter Garden, Florida, in 1973, practicing there until his retirement in 1998. He was a member of the Starkey Road Baptist Church, the Suncoast Finnish American Society, the Seminole Mall Walkers, the Suncoast Seminole Singers, and was a Master Mason for 50 years. He is survived by his wife of 60 years, Evelyn, two children, three grandchildren, and one great-granddaughter.

Dr. Leon Sharp (1950) of Lexington, Kentucky.

Dr. Richard Skiersch (1965) of Chicago, Illinois, died February 6. He and fellow classmate Dr. Dan Michalec were partners at the Central Chiropractic Center in the Jefferson Park neighborhood of Chicago. Dr. Skiersch was a member of the American Chiropractic Association, the Illinois Chiropractic Society, and a member and past president of the Chicago Chiropractic Society.

Dr. Alfred Z. States (1954) of Irving, Texas, died January 23 at Baylor Medical Center from heart failure. He was most well known for his work in developing the "Diversified Technique," the most commonly used

approach in delivering chiropractic care, and for his related text, *States Manual of Spinal, Pelvic, and Extravertebral Technic*, first published by National as a spiral bound book in 1966.



Dr. States was a third generation chiropractor born in Iowa in 1929. He received a B.A. from the University of Iowa in 1951, his DC from National College in 1954, and earned his DABCO in 1972. Dr. States was formerly director of the Department of Chiropractic at National College and spent his last 19 years as a professor at Parker Chiropractic College in Dallas. He lectured in both the chiropractic and postgraduate programs and consulted for research projects. He was Parker's first Professor Emeritus.

Dr. States was very active in his church and his community. He is survived by his wife, Jeannene, 11 children, 50 grandchildren, and 12 great-grandchildren.

Dr. Yoshinori Sumino (1983) of Osaka, Japan, died April 27 of a heart attack.

Dr. Masahiro Yoshihashi (1980) of Sapporo, Japan, died of pulmonary cancer on February 15. Dr. Yoshihashi served as the chair of the course advisory committee in 1995 for the new RMIT Chiropractic Unit-Japan, the country's first university level chiropractic educational program. He was also chair of the education committee of the Japanese Chiropractic Association for many years.

Inside Alumnus



National Continues to Lead

President James Winterstein reflects on National's role as a leader in the profession with another "first" on the horizon.

Page 2



Hall of Honor Inductees

Portraits of the two newest inductees into National's Hall of Honor are now on display in Janse Hall.

Page 3



Thriving in 2009 is HC Focus

This year's Homecoming theme, "Thrive in '09," offers strategies for a viable practice in today's economy.

Page 4-5



Updates on NUHS Alumni

Read about the latest news and accomplishments of your fellow classmates from National.

Page 6-8



National Continues to Lead

By James F. Winterstein, DC,
NUHS President

In 1965, there were no recognized or approved chiropractic residency programs. It is true that Dr. Joe Lauriat at National under Dr. Leonard Richie, and Dr. Tom Goodrich at Lincoln under Dr. Earl Rich (who passed away in 1965), both served in residency capacities, but neither of these programs were recognized or approved.

Dr. Janse, who was a diplomate, and Dr. Leonard Richie, also a diplomate in radiology, decided that it was time for National to propose a residency program in what was then called "chiropractic roentgenology," and what is now referred to as diagnostic imaging. Accordingly, Drs. Richie, Tomkins and I (at the time still a student in the DC program) sat down and wrote a syllabus for a residency in roentgenology. In 1966, Dr. Richie and I went to Lincoln College where the diplomate workshop was being held and we presented our 2,000-hour syllabus.

The diplomates, formerly referred to as "Certified Chiropractic Roentgenologists" (CCR) who were part of the group with whom we met, (then about 55 of them) were opposed to the proposed residency program. It was their position that a resident could not learn the necessary information if they were not in private practice. They were also opposed to a 2,000-hour program. (All the CCRs and diplomates at the time had learned through the weekend courses.)

I should add that at this time, the examining board was called the American Board of Chiropractic Roentgenology and those who passed the examinations were no longer called Certified Chiropractic Radiologists but were called Diplomates of the American Board of Chiropractic Roentgenology (DABCR).

In 1967, Drs. Richie and Tomkins and I again met with the diplomate workshop members and presented a new

syllabus consisting of four phases and 4,400 hours over a two-year period. Residents at National were to be paid \$25 per month as residents. After a lot of "wrangling," the program was passed and in 1967, Dr. Tomkins and Dr. Charles Tasharski of National entered the roentgenology residency. The Lincoln College also had two residents and there was one at the Los Angeles College of Chiropractic (LACC), now Southern California University of Health Sciences.

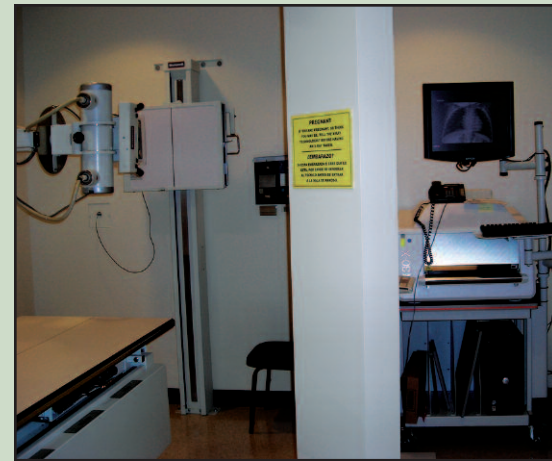
In 1968, I joined the residency at National and the three of us, Don, Chuck and I, worked and studied together and taught radiology in all of its related courses under the supervision of Dr. Leonard Richie. We had a great experience and in 1970, Don and I took and passed the diplomate examination. Dr. Tasharski, who was also in practice at the time, chose not to write the board but he continues to teach at National to this day.

Of the residents who took the exam in May of 1970, the only ones to pass were Dr. Donald Tomkins and yours truly. Unfortunately, I lost my best friend Don in 1980, when he died of acute leukemia, so I am the only remaining diplomate from that first group who took the exam. Subsequently, one resident from Lincoln and one from LACC also became diplomates. In the years that followed, many of the radiology diplomates graduated from the National program and of course the Lincoln program ended in 1971 when Lincoln was absorbed by National.



In approximately 1972, I went with Dr. Joseph Janse to the meeting of the College of Roentgenology and Dr. Janse made the case for another change in the designation. His comments centered on the term "chiropractic roentgenology," and he asked what exactly that was and was it significantly different from any other kind of roentgenology. There was not much response at which time Dr. Janse suggested that this should actually be about the chiropractic board of roentgenology rather than the board of "chiropractic roentgenology. The result of this proposal was a change from the American Board of Chiropractic Roentgenology and its DABCRs to the American Chiropractic Board of Roentgenology with its DACBRs.

In 2004, another first was characterized by the implementation of a Master of Science Degree in Diagnostic Imaging. Accredited by the Higher Learning Commission of the North Central Association of Colleges and Schools, this degree provided another step in the recognition of the Residency Program in Diagnostic Imaging, which is what it is now called. In August of 2007, Dr. Joseph Stiefel became the first



person to graduate with this MS degree from National University of Health Sciences.

So what is the point of this long history lesson? It is about National as a leadership institution. That point was brought home to me very clearly again on May 3, when I was privileged to speak to the first 15 members of the Master of Science in Advanced Clinical Practice program. These people will graduate in August and will be the first of their kind in the chiropractic profession. They will have completed a very rigorous training program to include their capstone projects. This program and its graduates again represent a first for National and the chiropractic and naturopathic professions and place new emphasis upon National University as a leadership institution.

To me the leadership quality of our institution is very clear as I see that the next step for chiropractic education is postprofessional residencies for all graduates of National.

Now, on June 18, 19 and 20, National will again hold its homecoming event. We will have some speakers who will address the business of "Thriving in '09" and doctors who will address the practice of "Thriving in '09," which, if you have not guessed it, is the theme for this outstanding homecoming. I know some of you might be thinking that you might save the money this year, but I assure you that this is a homecoming you cannot afford to miss. So make your plans now and get outstanding education and learn all about where National is and where it is going.

At this event, during my "State of the University" address, I will bring you up to date on the MS program, entrance requirements for students entering National and postprofessional residency concepts. Our profession must move ahead quickly and National is going to accomplish that one way or another. I look forward to seeing many of you in June!



Alumni Promote Chiropractic

Parents of the Year

Dr. Thomas A. McGovern (1986) was given a T-shirt by his children that reads, "Who are these children and why do they call me Dad?" It's the reason why he and his wife, Kathy, were named 2008 Pennsylvania Parents of the Year, an honor bestowed throughout the country in conjunction with Parents Day. Parents Day is celebrated yearly on the fourth Sunday of July in order to recognize, uplift and support the role of parents in the rearing of children.

The McGoverns of Emmaus, Pennsylvania, have seven children, three natural and four adopted, and have had more than 50 foster children and six medical mission visitors. It is an amazing story since Tom at one time told his wife that he didn't want children.

"Parents of the Year? Our kids are just kids. We're just parents," commented Kathy in an article written about their award. But, the article points out, Kathy doesn't just accept kids with special needs, she seeks them out and gives them comfort and care so that they don't realize their disabilities are supposed to be holding them back.

The couple's natural children are Jessie, 16, a high school student, and Sarah, 19, and Tom, 22, in college. The four adopted children include: Eric, 4, whose legs have been amputated and whose back wasn't fully developed; Brianna, 11, a triple amputee from Taiwan; and Luke, 8, and Hannah, 10, both with serious medical needs.

In addition, the McGoverns have hosted scores of medical mission visitors including a one-year-old from Africa's Ivory Coast undergoing surgery to separate fingers on both hands, a young Filipino burn victim, and a girl from Nigeria undergoing open heart surgery.

"The article [about the award] has nothing much to do with chiropractic," said Dr. McGovern, but my wife and I would be unable to do what we do without the education I received at NCC. I have always been grateful of the wonderful training and knowledge I received while training as a chiropractor."

Dr. McGovern still maintains a small chiropractic practice, but mostly teaches anatomy full time at the college level, and of course, and navigates his full house "with steady good humor."

Father of the Hour

Dr. William P. Turner (1991) of Oakton, Virginia, and his wife, Julie (Dr. Julia Edmans - 1992), welcomed their fifth child in a rather unusual fashion that merited a feature in the local newspaper entitled "Baby in a Hurry: Dad delivers own daughter on I-66 ramp."

News just recently reached us at the *Alumnus* recounting the special delivery of Mary Kathryn Turner on April 15, 2008. It seems that Julie began having irregular labor pains early in the morning, but her doctor told her to wait until her contractions were five minutes apart before heading for the hospital. "Her contractions were sporadic," said Turner. "And she's had long labors in the past, so we were prepared for a long day." So, she took an early afternoon nap and Willy went off to see patients. Later, the contractions intensified suddenly and he rushed home, put her in the car and headed to the hospital — at the height of rush-hour traffic.

Halfway there, Julie said she could feel the baby's head so Willy pulled over to the safest place he could find — the shoulder of a highway exit ramp. "It was a little scary," he said. "I pulled over on the exit-ramp shoulder at a break in the guardrail. A young man on 911 called for EMTs to come, and I walked around to my wife's side of the car."



Mary Today

Dr. Turner opened the door and could see the baby's head crowning. "With my cell phone on my left shoulder [talking

to 911] and my wife yelling at me, Mary Kathryn came into this world." "Then the shoulders came out and then the rest," said Turner. "I made sure she was breathing, and she was — her color was good." He wrapped her in a clean sweater, placed her on Mom's chest, and turned up the car heater while they waited for the rescue squad.



Six of the seven Turner Family members

On the professional side, Dr. Turner maintains the couple's 15-year-old practice in Centerville and completed Dr. Art Croft's series of whiplash seminars last year. Dr. Julie stays home with the children: John Paul (15), Joseph (12), Grace (8), James (3), and Mary Kathryn, now 1.

Flying Doctor

Dr. James E. 'Jamie' Schantz of Roswell, Georgia, recently completed his third medical mission outside the U.S. with the Flying Doctors of America, an organization that sends doctors to third-world countries to administer free health care to people in need. Dr. Schantz was part of a 20-person multidisciplinary health care team from the U.S. that traveled to Vietnam in 2008. The team provided orthopedic and gynecological surgery, dentistry, primary care, and chiropractic medicine in Tay Ninh Province, just outside of Saigon. Over a three-day period, they treated more than 900 needy men, women and children. Previously, Dr. Schantz traveled to Peru in 1996 and Guatemala in 2004.

He first became aware of Flying Doctors of America in 1996 when he received a fax announcing a mission to Peru, with a side trip to Machu Pichu. "It was the first time I had heard of a health care mission specifically asking for doctors of chiropractic to join a health care team," he said. "I was excited to be part of a multidisciplinary health care team, and to visit the ancient Incan city." Dr. Schantz said the missions enable him to visit unique destinations, get a taste of life outside of the USA, and work closely with caring, giving people.

In 1998, Dr. Schantz was honored with the "Chiropractic Award of Excellence" from *Prevention* magazine, and in 1999, he was named Humanitarian of the Year by the Georgia Chiropractic Association. In addition to Flying Doctors, he has volunteered his services with Mercy Mobile Health Care, an Atlanta-based nonprofit medical group that provides low-cost and free health care to the indigent and homeless, and Edgewood, a residential facility in Atlanta for people that are HIV-positive. Most recently, he has volunteered with and most recently with the Convoy of Hope in Roswell.

Dr. Schantz graduated with honors in 1986 from the National College and has completed postgraduate seminars at Harvard Medical School on low back pain and sciatica and is certified in Cox Decompression Adjustment and Manipulation. Dr. Schantz has served as the clinical director of Leading Edge Sport and Spine in Roswell since 1992.



Hall of Honor

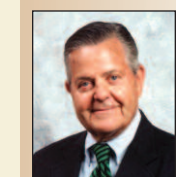
Homecoming 2009 attendees visiting the National campus this June will be able to view the latest additions to the Hall of Honor in Janse Hall. Portraits of Dr. James M. Cox and the late Dr. George J. Goodheart are now on display along with the other illustrious recipients. Announcement of the latest inductees was made at Homecoming 2008.

Born and raised in Fort Wayne, Indiana, Dr. Cox graduated as valedictorian from The National College in 1963 and continuing his education, received his diplomate with the American Chiropractic Board of Radiology. Later, Dr. Cox invented flexion-distraction manipulation (aka Cox® Technic Flexion-Distraction and Decompression Adjusting and Manipulation), which is also taught in chiropractic colleges as core or elective curriculum.



Dr. Cox

Most recently, Dr. Cox has been involved in five research projects investigating the science and outcomes of flexion-distraction manipulation (Cox® Technic) for treatment of lumbar and cervical spine pain conditions. He is the author of several textbooks, including *Low Back Pain: Mechanism, Diagnosis, Treatment*, and *Neck, Shoulder and Arm Pain: Mechanism, Diagnosis, Treatment*. Dr. Cox maintains a private practice with his son in Fort Wayne, Indiana, and directs the Fort Wayne Chiropractic Radiological Center.



Dr. Goodheart

In 1964, he began a series of revolutionary observations about muscle function and health, which he introduced as Applied Kinesiology (AK), and established what is now the International College of Applied Kinesiology, with more than 3,000 members worldwide.

Dr. Goodheart received many awards for his contributions to the profession but was most proud of his appointment to the U.S. Olympic Sports Medicine Committee as the first chiropractic physician to serve the U.S. Olympic Team at the 1980 Games in Lake Placid. Dr. Goodheart passed away March 5, 2008, at the age of 89. His Hall of Honor award was presented posthumously at Homecoming 2008 and was accepted by his wife, JoAnn.

Kudos

National University of Health Sciences sincerely appreciates the following alumni who have referred students in our Spring 2009 class — and also those alumni whose names were not provided by the student. You are truly our #1 best resource for students. Thank You! Thank You! Thank YOU!

| | | |
|----------------------|---------|----------|
| Dr. Brian Anderson | ('04) | Illinois |
| Dr. Jerrilyn Cambron | ('91) | Illinois |
| Dr. Ezra Cohen | ('00) | Illinois |
| Dr. Michael Donoghue | ('83) | Illinois |
| Dr. Terry Elder | Faculty | Illinois |
| Dr. Wallace Ing | ('70) | Illinois |
| Dr. Marc McRae | ('01) | Illinois |
| Dr. Stephanie Medoro | ('96) | Ontario |
| Dr. Demetrios Patos | ('85) | Illinois |
| Dr. Stacey Phelps | ('06) | Illinois |
| Dr. Olga Roshior | ('00) | Illinois |
| Dr. Marisa Serra | ('97) | Ontario |
| Dr. Daniel Shea | ('85) | Michigan |
| Dr. Scott Sole | ('83) | Colorado |
| Dr. Mitchell Weiss | ('82) | Illinois |

Alumnus

THE NEWSLETTER FOR NUHS ALUMNI

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Homecoming '09 Schedule of Events

Thursday, June 18, 2009

1:30 - 3:00 p.m. "Leading in Difficult Times"
Bob Prosen, MBA

3:00 - 3:30 p.m. Refreshment Break

3:30 - 5:00 p.m. "Patient-Centered Case Management"
Frank Sovinsky, DC

5:00 - 6:00 p.m. Exhibitor Reception

6:00 p.m. PCI / Senior Stewards Reception

Registration Hours: 8 a.m.
Exhibit Hours: 12 p.m. - 6 p.m.
Onsite Clinic Hours: 12 p.m. - 6 p.m.

Friday, June 19, 2009

7:00 - 8:30 a.m. Continental Breakfast

8:00 - 9:30 a.m. "Patient-Centered Case Management" continued
Frank Sovinsky, DC

MT - 8:00 - 9:30 a.m. "Kinesio Taping"
David Parish, DC

9:30 - 10:15 a.m. Refreshment Break

10:15 - 11:45 a.m. "Thriving in 2009"
Frank Strehl, DC

MT - 10:15 - 11:45 a.m. "Kinesio Taping"
David Parish, DC

12:00 - 2:00 p.m. President's State of the University Luncheon

2:15 - 3:45 p.m. "Thriving in 2009" continued
Frank Strehl, DC

MT - 2:15 - 3:45 p.m. "Kinesio Taping"
David Parish, DC

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

4:30 - 6:00 p.m. "Thriving in a New Era: Providing the Care Our Patients Really Want"
Timothy Gerhart, DC

MT - 4:30 - 6:00 p.m. "Kinesio Taping"
David Parish, DC

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

7:00 - 10:00 p.m. Banquet & Entertainment

Registration Hours: 8 a.m.
Exhibit Hours: 7 a.m. - 6 p.m.
Onsite Clinic Hours: 7 a.m. - 4:30 p.m.

Saturday, June 20, 2009

7:00 - 8:30 a.m. Continental Breakfast

8:00 - 9:30 a.m. "Thriving in a New Era: Providing the Care Our Patients Really Want" continued
Timothy Gerhart, DC

9:30 - 10:15 a.m. Refreshment Break

10:15 - 11:45 a.m. "Patient-Centered Case Management" continued
Thomas Meade, MD

12:00 - 1:15 p.m. Alumni Association / Class Reunion Luncheon

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.

Timothy Gerhart, DC, DC, DABCI, DiplAc



Dr. Gerhart was National Merit Scholar at the University of North Dakota and graduated at the top of his class from Northwestern College of Chiropractic (now Northwestern University of Health Sciences) in 1983. Dr. Gerhart is a past president of the Midwest Chiropractic Internists Association, a member of the American Chiropractic Association Council on Diagnosis and Internal Disorders, a member of the Arizona Chiropractic Association, and a member of the Institute for Functional Medicine. In 2000, he was recipient of the Dr. Bill Nelson Award for Advancing Excellence in Patient Care and Physician Education by the American Chiropractic Association Council on Family Practice. Dr. Gerhart is the founder of the Renovare Institute Operating System (RIOS), which trains chiropractic, allopathic, naturopathic, and osteopathic physicians in patient-directed LifeStyle Healing. Rather than jump right from symptoms to treatment, LifeStyle Healing searches for the root causes of patient issues and creates a lifestyle that fits their unique needs and enhances the body's natural healing ability. Dr. Gerhart is also the co-founder of QwikDoc LLC, which develops and markets computer software for LifeStyle Healing practices. Dr. Gerhart has been in practice for 21 years in Minnesota and five years in Arizona.

Thomas Meade, MD



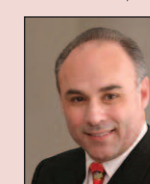
Dr. Meade earned his undergraduate degree from The Pennsylvania State University and his medical degree from Jefferson Medical College in Philadelphia. He is certified by the American Board of Orthopaedic Surgeons and the National Board of Medical Examiners. Dr. Meade is a senior partner and past president of OAA Orthopaedic Specialists, a multi-specialty provider of orthopaedic care and research in the Lehigh Valley area in Pennsylvania. Dr. Meade holds academic positions at Thomas Jefferson University, Penn State University and Lehigh Valley Hospital, serves as a training camp consultant to the Philadelphia Eagles, and is a requested speaker on the role of nutrition and obesity in orthopaedic disease. He also hosts two educational cable TV programs, "Real Life in the OR" and "Orthopaedics On-call." Dr. Meade limits his practice to knee surgery, both sports injuries and joint replacements, and has helped design and develop the first "Total Kneeling Brace™" to help knee replacement patients kneel safely, in addition to clavicle plates, and surgical instruments designed for knee ligament reconstruction.

David Parish, DC, CSCS, DACBSP



Dr. Parish earned his undergraduate degree in zoology from DePauw University in 1980 and his doctor of chiropractic degree from National College of Chiropractic in 1984. Since then, he has served National as a staff clinician, faculty member and postgraduate lecturer, and has been the dean of clinics since 2007. Dr. Parish holds certifications in acupuncture, homeopathy, Graston technique, manipulation under anesthesia, Kinesio Taping, and exercise and sports medicine. He has been the designated physician for several athletic contests including the Wrangler ProRodeo, AVP Pro Beach Volleyball Tour, and a World Gymnastics Championship. Dr. Parish has served as a physician to Olympic athletes at their training facility in Colorado Springs, and currently travels extensively as a certified instructor for the Kinesio Taping Certification Program.

Bob Prosen, MBA



Mr. Prosen earned his BS from Texas Tech University, an MBA from Georgia State University, and holds postgraduate certifications from MIT, Duke University and The Wharton School. He serves on the University of North Texas School of Marketing Advisory Board and is listed in *The International Who's Who of Entrepreneurs*. Mr. Prosen is president and CEO of The Prosen Center for Business Advancement, where he teaches business leaders how to increase performance and profits. His proven business execution tools, tactics and programs cross all industry sectors—from financial services to technology to retail, health care, manufacturing not-for-profit, education, and professional services. In addition to his management training, he conducts talks, workshops and problem-solving events that take him around the world and into companies that are committed to achieving exceptional operating results. Mr. Prosen is the author of *Kiss Theory Good Bye*, which gives leaders the tools and step-by-step directions to achieve extraordinary operating and financial results.

Frank Strehl, DC



Dr. Strehl earned a BA in biology from Taylor University in 1973, which included a surgical rotation as first assistant. He attended graduate school from 1975 to 1977 at George Washington University School of Medicine in anatomic pathology and performed over 300 necropsies, dictated surgical specimens, and medical photography. Dr. Strehl earned his BS in human biology in 1979 and his doctor of chiropractic degree in 1980 from The National College of Chiropractic. Since 1981, he has been in private practice at Strehl Natural Health in Wheaton, Ill. From 1995 to 2003, he hosted a weekly interactive radio show, "Dr. On Call," and since 1997, he has been a part-time instructor at the National University of Health Sciences lecturing on gynecology and a member of the National University of Health Sciences postgraduate faculty. Dr. Strehl served as president of the ACA's Council on Diagnosis and Internal Disorders from 2001 to 2003, and since 2003 has been the Northern Illinois delegate to the ACA's House of Delegates. He is also a member and honorary chair of the NUHS Alumni Association's Board of Directors and a member of the ACA's Long Range Plan Committee and Wellness Committee.

Frank Sovinsky, DC



Dr. Sovinsky earned his doctor of chiropractic degree from Palmer College of Chiropractic in 1981 and maintained a private practice for 15 years until he retired to develop a more effective patient centered practice management program for the chiropractic profession. In 1997, he founded DC Mentors LLC, which provides chiropractic coaching, seminars and products. Among the products offered is Dr. Sovinsky's book entitled *Life: The Manual: When the pursuit of happiness makes you miserable*. The book is "a humorous, empathetic look at all the things we do to improve our lives...and why it never 'sticks.'" Dr. Sovinsky's professional credentials also include CPBA (Certified Professional Behavior Analyst), CPVA (Certified Professional Values Analyst), CAIA (Certified Attribute Index Analyst), and Master Sensory Integration Therapist. In addition, he has served as a guest lecturer for numerous chiropractic organizations and institutions and is the recipient of the Presidential Award from the National Institute of Chiropractic Research.

Alex Vasquez, DC, ND



Clinician, researcher and postgraduate lecturer, Dr. Alex Vasquez earned his doctor of chiropractic degree from Western States Chiropractic College in 1996 and his doctor of naturopathic medicine degree from Bastyr University in 1999, where he later taught rheumatology, orthopedics, and radiographic interpretation. Dr. Vasquez lectures nationally and internationally on the topic of nutrition in general and disease prevention and the treatment of "autoimmune diseases" in particular to other doctors in the United States (Institute for Functional Medicine), Canada (International Society for Orthomolecular Medicine), England (Royal Society of Medicine), and Holland (Biotics Research Corporation). He has authored approximately 50 health care/scientific articles in magazines and peer-reviewed medical journals and is the author of two textbooks, *Integrative Orthopedics* and *Integrative Rheumatology*. Currently, Dr. Vasquez is the editor of *Naturopathy Digest*, a columnist for *Nutritional Wellness*, and maintains a private practice of natural medicine in Fort Worth, Texas.

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We're looking forward to seeing you soon!



Alumni News

1970s

Dr. Robert R. Atnip (1971) of Smithville, Tennessee, and his wife, Guylene, celebrated their 43rd wedding anniversary on March 18. Dr. Atnip, owner of the Atnip Chiropractic Clinic in Smithville, is an avid promoter of chiropractic and National University, with Guylene's assistance.

Dr. Jack Dolbin (1977) of Pottsville, Pennsylvania, was appointed to the Medical Review Committee of Highmark Blue Shield for the state of Pennsylvania. The committee is composed of one health care provider from every discipline to rule on complaints filed against network providers, including DCs and MDs. The committee meets four-six times a year to hear the charges and defense against the charges.

Dr. James A. Wawrzyniak (1977) of Alden, New York, has been elected president of the board of managers of the Wyoming County Community Health System, which includes a county hospital and nursing home, and is located 30 miles east of Buffalo.

1980s

Delilah A. Anderson, DC, DABCN, DABCI, APCM (1988) of Sandwich, Illinois, spoke at the 6th Annual Women's Heart Symposium hosted by Rush Copley Hospital in March. Her topic was "Treatment Protocols of a Metabolic Syndrome Patient." The intended audience included cardiologists, family physicians, internists, gynecologists, residents, fellows, and nurses.

Dale J. Buchberger, PT, DC, CSCS (1988) of Auburn, New York, was named "2009 Sports Chiropractor of the Year" by The American Chiropractic Board of Sports Physicians at its annual sports sciences symposium in San Diego, California. In addition to maintaining a private practice in Auburn, Dr. Buchberger is entering his 10th season as chiropractic consultant to the Auburn Doubledays (Toronto Blue Jays minor league affiliate) and finishing his third season with the Syracuse University Athletic Department. He also completed six seasons as chiropractic consultant to the Syracuse Chiefs baseball team, and in March completed his first season as the strength and conditioning coordinator for the Auburn Stingrays swim program.



Dr. Kevin Cichocki (1986) of Elma, New York, was named the Am-Pol Eagle 2008 Citizen of the Year in Health/Medicine for his efforts to bring together medical disciplines and health care institutions. Each year, the *Am-Pol Eagle*, the weekly Polish American newspaper, honors individuals and organizations in the Polish-American community in Western New York for outstanding service and unselfish contributions on the behalf of the Polish-American cause.



In 1999, Dr. Cichocki became one of the first chiropractors in the state of New York to serve as a board member of a major hospital, the Erie County Medical Center (ECMC). He played a major role in developing one of the first hospital-based chiropractic clinics in the nation, with chiropractic having its own distinct department.

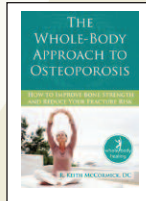
Dr. Cichocki has been a leader in the New York chiropractic community for many years. He served on the Board of Directors for the New York State Chiropractic Association, and was vice president, treasurer and a delegate for the New York State Chiropractic Association. He is also a member of the American Chiropractic Association, The Foundation of Chiropractic Education and Research, and the National University Alumni Association.

Dr. Richard Davis (1982) of Conover, North Carolina, was chosen 2008 Doctor of the Year by the North Carolina Chiropractic Association.

Dr. Jeffrey S. Fedorko (1981) of Canton, Ohio, is serving as 2009 president of the Congress of Chiropractic State Associations (COCSA), a non-partisan forum for the promotion and advancement of the chiropractic profession through service to state associations. He was president of the Ohio State Chiropractic Association from 1998-2000 and chairman of the association's board from 2000 to 2002. In 2000, he was elected director of COCSA District 2 and has held the offices of secretary and vice president of the organization. He received the Ohio State Chiropractic Association's President's Award in 1992 and was named the association's Chiropractor of the Year in 1999 and 2000. Dr. Fedorko's practice is located in Jackson Township where he lives with his wife, Cindy, and two children.



R. Keith McCormick, DC, CCSP (1982) of Belchertown, Massachusetts, is the author of the recently released *The Whole-Body Approach to Osteoporosis: How to Improve Bone Strength and Reduce Your Fracture Risk*. The book offers readers a proactive preventive approach to bone loss. In his practice, Dr. McCormick specializes in the treatment of a variety of conditions ranging from low back pain, sciatica, and neck pain to sports injuries like runner's plantar fasciitis and swimmer's shoulder tendonitis, and helps his patients understand the risk factors for bone loss, the preventive measures they can take to reduce that risk, and the many treatment options available.

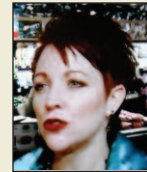


1990s

Dr. Brent Hendon (1997) of Arlington Heights, Illinois, was one of two chiropractic physicians featured in an article on chiropractic in a special Health and Wellness section of *The Daily Herald* in May. Dr. Hendon owns Arlington Family Chiropractic and is certified in acupuncture, Cox distraction technique, Activator method, and Manipulation Under Anesthesia.

Dr. Nicholas LeRoy (1994) of Chicago, Illinois, was featured in the "People in Your Community" article in the premier issue of *Mindful Metropolis*, a new employee-owned, community-focused, grassroots publication in Chicago. Dr. LeRoy, founder of the Illinois Center for Progressive Health, specializes in women's health and internal medicine. He has a Master's Degree in Advanced Clinical Practice, an Acupuncture Therapist degree, and has completed post-doctoral training in gynecology and internal medicine.

Dr. Kristina Sargent (1992) of Wheaton, Illinois, was featured on two Health Beat segments on Chicago's ABC Channel 7 News. Dr. Sargent of the Restor Healing Centre in Wheaton discussed the merits of organic produce and eating healthier and shopping smarter on a tight budget. The segments can be viewed by doing an Internet search for Restor Healing Centre. Dr. Sargent has been in practice for 17 years and has made nutrition both a personal and professional focus.



Dr. Adam Weiss (1992) of Buffalo Grove, Illinois, held a book signing on May 16 at Barnes & Noble in Lincolnshire for *The AbSmart Fitness Plan: The Proven Workout to Lose Inches and Strengthen Your Core Without Straining Your Back*, published by McGraw-Hill. Dr. Weiss introduced his exercise plan, which he believes is a smarter and more efficient approach to trimming the waistline without pain, injury and repetitious crunches. Traditional ab exercises, he says, can cause back pain, strain, muscles, and can even cause misalignment. His own experience with back pain at any early age forced him to modify and adapt exercise routines, resulting in more effective forms of exercise for people of all ages. He has also written *The BackSmart Fitness Plan: A Total-Body Workout to Strengthen and Heal Your Back*.



Dr. Weiss has been in private practice for the past 16 years, specializing in neuromuscular injuries, and has completed more than 1,800 hours of post-doctorate work in spinal rehabilitation, sports injuries and nutrition. He is the medical director of Body by Pilates Fitness Center in Buffalo Grove and has been integrating AbSmart and BackSmart methods, sports conditioning, and lifestyle changes including weight loss programs into his practice.

2000s

Dr. Peter Porter (2001) of Naperville, Illinois, earned outstanding faculty honors for 2008-2009 at the College of DuPage (COD) in Glen Ellyn, Ill. A biology instructor, he was named Overall Outstanding Part-Time Faculty Member based on excellence in teaching, service to the college, scholarly activity, community service, and advising. Porter has taught anatomy and physiology at College of DuPage since 2005. He was a recipient of the Outstanding Part-Time Faculty award at College of DuPage in 2007 and received similar honors at Moraine Valley Community College in 2006. He also teaches at Aurora University. In addition to teaching and maintaining his chiropractic practice, he will complete studies this May in the COD Associate Degree Nursing Program. He undertook the program to better understand the levels of critical thinking required of nurses and to sharpen his knowledge of the clinical applications of anatomy and physiology.

Dr. T.J. Stotz (2005) and Nicole Leaver, a dental hygienist, were married October 25, 2008, in Fremont, Nebraska. They reside in Yankton, South Dakota, where he has practiced since 2006 with his father, Dr. Thomas D. Stotz, and his two partners, Dr. James C. Fitzgerald and Dr. Sheila K. Fitzgerald.

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Clifford Tao, DC, DACBR (2000) of Anaheim, California, has been appointed the doctor of chiropractic member of the state Radiologic Health Branch Radiologic Technology Certification Committee. Nominated by the California Chiropractic Association (CCA), Dr. Tao is in private radiology practice in Anaheim serving chiropractic and medical doctors throughout California, Oregon, Nevada, and Arizona, and is a frequent radiology instructor for CCA. As a member of the committee, Dr. Tao will serve to advise and make recommendations for the establishment of regulations necessary to insure the proper administration and enforcement of the Radiologic Technology Act that governs radiology certification, X-ray machinery and materials, and related health and safety rules.

In Memoriam

Dr. John W. Buck (1944) of New York died November 23, 2008.

Dr. William L. Bell (1954), of Marion, North Carolina, died in May 2008.

Dr. Warren P. Brown (1954), 80, died February 24 at his home in Scottsville, Virginia. He attended Florida State University, graduated from National College and completed graduate studies in radiology and nutrition. He set up practice in Charlottesville, Virginia, in 1955, where he practiced for more than 50 years. Dr. Brown founded the American Chiropractic Association's Council on



Nutrition in 1974 and served as its first president. In addition to the ACA, he was a member of the Virginia Chiropractic Association. Dr. Brown was an active member of the Antioch Baptist Church in Scottsville and Bridge Ministries.

Dr. Frank Crider (1952) of Portsmouth, New Hampshire, the focus of a special feature in a 2007 issue of *Alumnus*, passed away on March 5 in New Hampshire.



Dr. Crider had enjoyed a successful practice in Clearwater, Florida, for over 45 years, but on a solo RV trip to New England in 2004, he suffered a debilitating stroke, which left him in a wheelchair and dependent on supplemental care. Since he had no immediate family, Frank was admitted into the Edgewood Centre, a nursing home and skilled rehabilitative care facility in Portsmouth, where he lived until his death.

Frank made the best of his situation and his new life at Edgewood Centre and due to his positive outlook on life was chosen by the Ageless Dreamer Foundation to be a "dreamer" in their wish fulfillment program. (Ageless Dreamers is dedicated to enhancing the lives of older adults, in part through making their wishes come true.) Frank's wish was to attend National's 2007 Homecoming and visit with colleagues and old friends at his 55th class reunion. The Ageless Dreamer Foundation flew Frank to Chicago and also covered expenses for two Edgewood Centre caregivers to travel with him.

After his passing, friend Cheryl Brigham wrote to Dr. Winterstein and recalled that the highlight of Dr.

Crider's last few years was the trip to his class reunion. "I cannot even begin to tell you how much that meant to him. That trip brought the biggest smile to his face and I know filled his heart with happiness. He was thrilled to have met you and had his picture taken with you." [The photo was published in the *Alumnus* article.] "I cannot thank you enough for the role that you played in that. You will never know how happy that trip made him.

Dr. Irving J. Grossman (1941) of West Palm Beach, Florida, passed away in May 2007.

Dr. Frank B. Hodges (1957), 87, of North Fort Myers, Florida, passed away May 10. He practiced in Illinois and Florida for 30 years and retired in 1984. Dr. Hodges served in the Merchant Marines during WWII and survived after being aboard three ships that were blown up, including one where he was the sole survivor of his crew. Dr. Hodges enjoyed golf, reading, and watching videos. He was one of the founding board members of Camp Good Hope. He leaves his wife of 41 years, Mary, a daughter, and three grandchildren.

Dr. Harry W. Jensen (1951) of Sterling, Illinois, passed away Jan. 21, at the age of 79 after developing leukemia in 2007. Dr. Jensen graduated from Carl Schurz High School in Chicago where he participated in football and wrestling. He planned to become a civil engineer but entered National College as a consequence of a neck injury. He practiced in Chicago and Dixon before permanently settling in Sterling in 1954. He completed programs toward board certification in roentgenology and orthopedics and earned his DABCI in 2000. Dr. Jensen served his patients, some of whom had been with him from the beginning, until his retirement on December 23, 2008. Dr. Jensen's many professional affiliations included