

National Reunites with Cook County Hospital

In a historical reunion between two great institutions, National University once again has interns working in a clerkship program at Cook County hospital in Chicago. Interns from NUHS' master's degree program in acupuncture and oriental medicine are treating patients with acupuncture in the specialty clinic for pain management of the John H. Stroger, Jr. Hospital of Cook County of the Cook County Health & Hospitals System (CCHHS).

In 1908, National's founder, John Fitz Alan Howard, DC, relocated his National School of Chiropractic from Davenport, Iowa, to Chicago, partly because of an agreement with Cook County Hospital allowing his students to have access to anatomical study of their cadavers. National's facility was one block away from the hospital, and students were admitted into the diagnostic clinics and pathology laboratories from 1908 to 1925.

"It is good for our institutions, and especially for our patients, that Cook County Hospital and National University of Health Sciences have found a new way to work in a collegial setting once again," says NUHS President James F. Winterstein, DC.

Frank Yurasek, PhD (China), MSOM, assistant dean of acupuncture and oriental medicine, was recently appointed as an attending physician at Stroger Hospital, supervising the NUHS interns and assisting in patient care.

"This is a historic step for both our university and the acupuncture profession. We are bringing acupuncture care for chronic pain to one of the largest urban hospitals in the nation," says Dr. Yurasek. "We are demonstrating

that oriental medicine can provide cost-efficient and effective care in a western medical environment challenged with a high volume of patients."

Maria L. Torres, MD, chair of Pain Services at CCHHS says, "Multi-disciplinary pain management means evaluating multiple modalities to treat patients in chronic pain. I try to understand mechanisms of pain and use pharmacologic and interventional therapy to treat patients. But we have to understand that pain needs to be evaluated and treated in many different ways. That's why we've incorporated other specialties including psychiatry, psychology, acupuncture, massage therapy, and biofeedback."

For more details, visit the NUHS website News Center at <http://www.nuhs.edu/news/2012>

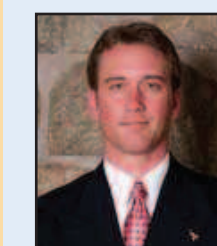


L-R: Dr. Maria L. Torres, chair, Pain Services, CCHHS; Intern Greer Nesbit; Intern Misty Blomquist; Dr. Frank Yurasek, NUHS assistant dean of acupuncture and oriental medicine; Intern Erica Garcia; Dr. David Parish, NUHS dean of clinics; Intern Mary Thuermer; Dr. Gennady Voronov, chair, Anesthesiology and Pain Management, CCHHS.

"What you leave behind is not what is engraved in stone monuments, but what is woven into the lives of others."
- Pericles

Dear Fellow Alumni,

A moment please to remember the passing of Dr. Frank Strehl whose hard work, commitment and dedication to the NUHS alumni and our University will be missed.



Dr. John DeMatte IV

The quote from Pericles sums up my feeling about what I am writing to you today. Some of those "lives of others" obviously are our immediate loved ones, our profession, good friends and colleagues, and our alma mater. I think that as I am getting a bit older (now 16 years in practice) I recognize

that bonds of friendships that were so powerful during those tough school years, both fellow students and faculty/administration alike, have faded and I am trying to renew my efforts to strengthen those bonds. It is only when they are broken or stretched that we realize how significant they were.

As I was deciding what message to convey, I asked myself how it is that alumni become disconnected with their alma mater. Is it that we get so caught up in our day-to-day lives that we don't have time, or is there a personal reason that we outright decide not to get involved? In my experience and discussions with peers, it seems that there is a little of both with the latter being the more disconcerting and something I'd like to address.

As a father of two, I appreciate the necessity of setting an example for my children by my actions. As alumni of NUHS, our actions can make more of an impact on the student body and future doctors of chiropractic than you would think. Yes, they will benefit from any donations that you make, but more importantly, we have the opportunity of setting an example of commitment to our school and profession. For years now, I have noticed an unfortunate trend of less enthusiastic students — many for the same reasons as my classmates when I was in school. They are looking for real live role models they can relate to — a doctor in the field with real practice experience who can convey to these students that there is not only life after graduation, but a successful and enjoyable career helping people regain their health.

There is a new program at NUHS where alumni sponsor a student, for \$100, to go to homecoming. I

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Life Just Got Simpler



RESEARCH SUPPORTED NUTRITION

OUR FUNDAMENTALS NOW AVAILABLE IN EASY DAILY PACKETS
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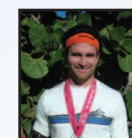
Inside Alumnus



What's in the future for health care?

President Winterstein takes a look at the future of health care and wonders where it is all going.

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See what NUHS has been up to lately.

Catch up on the latest news about National University and the recent activities of NUHS students.

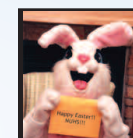
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HC 2012 highlights a range of topics.

Pediatrics is the focus of Dr. Kristine Tohtz, one of the Homecoming 2012 speakers tackling a variety of subjects.

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What's up, Doc? Catch up with the latest news.

Read what has happened with faculty and alumni of National University in the last few months.

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Looking Down the Road

By James F. Winterstein, DC
NUHS President

"Death of a Salesman" is playing on stage at the Ethel Barrymore Theatre in New York these days. Salesman Willy complains about his inability to make ends meet and grumbles to his wife, "The competition is maddening!" Willy does indeed die and his friend Charley, at the funeral, referring to the fear of not being able to control one's economic destiny says, "He's a man way out there in the blue, riding on a smile and a shoeshine, and when they start not smiling back – that's an earthquake!"

"Death of a Salesman" first played on Broadway in 1949, but its message seems to grip many today just as it did back then. People do not have a sense of optimism. Physicians of all kinds are not sending their children to follow in their footsteps. In the allopathic profession, this is true for 57% of MDs. The statistics are not available for the chiropractic or naturopathic professions, but I would guess they are similar.

None of us, I would think, believes that everything in health care is great! We all know there are major questions remaining regarding the federally mandated health care system that is being considered by the Supreme Court. No one debates that reimbursement by insurance companies has decreased on a near daily basis.

On the naturopathic front, the effort to obtain practice rights continues and as we remember about chiropractic history, the AMA continues to fight the efforts of naturopathic physicians — AND unfortunately so does the chiropractic profession in some states.

The acupuncturists and oriental medicine practitioners are trying to decide whether or not to move toward a doctoral program in acupuncture and while the more progressive members of the profession see it as a

necessity, many disagree. Wouldn't it be nice if all of us could come to some kind of agreement on these things?

Well, we are not the only ones with these issues. The allopathic profession continues to fight with nurses, physician assistants, optometrists, and psychologists over scope of practice, consistently taking the position that their (allopaths) ONLY concern is for the welfare of the patient! Yes, well I have a bridge to sell, too.

With all the turmoil, what can we expect as we look down the road? Is there a way out of the mess? Is there light at the end of the tunnel? I have not even begun to address some of the national problems such as the unbelievable national debt, unemployment, conflicts in various parts of the world, big questions about the strength of the dollar, and on and on.

So, to what can we look forward? Perhaps more than seems obvious when we are looking at the "trees" on a daily basis. Despite all efforts, people in general are not healthy. A Gallup-Healthways Well-Being Index completed in 2009 showed that 63.1% of adults in the U.S. are either overweight or obese! Whether we like it or not, people who are obese are far more likely to be diagnosed with high blood pressure, diabetes, depression, or to have had a heart attack. What is even more distressing is that 18.3% of young Americans are obese.

What's the point? People are not well and helping them return to health is what we all (DC, ND, acupuncturists) do. Our whole purpose in life is to help others gain health and then stay healthy. We all know our years are limited, but it is far better to be as healthy and active as possible well up into our late years than to suffer from the many morbidities that affect so many of our middle-aged members of society today. I am not afraid to die, but I do not want to live on and on in a state of poor health — unable to breathe, unable to participate in life, confined to a wheel chair, and on and on — as a result of my own poor habits.

I just read the other day that 30% of our "health index" is based in our genes — the rest comes from our environment — what we eat, how we exercise, our habits of posture, smoking, how much we drink, etc.

We, physicians and other colleagues, must learn to look to the future in which we help people gain and maintain health. We know by now that is not about "an adjustment a month," or regular hydrotherapy, or frequent balancing of our energy fields. Those are all fine, but they are all "passive therapies." As health care practitioners, it is our responsibility to teach, to educate, and then to treat.

The field is wide open. True, we are not sure exactly how that will look from where we are standing right now. It is estimated by the American Hospital Association that by 2020 (eight years from now) fully one-third of hospitals in existence today will be closed. Well, perhaps that is a good thing. The amount of money that goes into building bigger and fancier hospitals is outrageous!

Some of our colleagues are deeply involved in working on the Medical Home model, or with Accountable Care organizations, and the development of community-based health centers. This is where we need to be active if we are to anticipate a useful future. Yes, perhaps the days of the huge practices, like some hospitals, are over also —

probably not a bad thing either — but the opportunities for those who wish to spend their lives helping others and making a decent living, are still wide open. Practicing DCs, NDs, acupuncturists and oriental medicine practitioners must learn to be colleagues — working together for the benefit of the patient. This CAN happen!

At Cook County's Stroger Hospital, for example, our acupuncture interns are treating patients with chronic pain under the direction of Frank Yurasek, PhD (China), assistant dean of oriental medicine at NUHS. Yes, interns are back at Cook County after being banned since 1925!

Times change. Opportunities re-present themselves, and we, unlike salesman Willy, need to look to the future with open eyes and open minds that seek out the new opportunities for ourselves and for our children. They are out there if we look for them!

Now, NUHS' homecoming is at the threshold. One way to re-energize oneself is to attend homecoming — re-connect, learn something new, find out what is happening at our alma mater. Cynthia and I look forward to seeing you there! Let's find that bright future together!

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had the privilege of participating last year and although inclement weather canceled my flight and I was unable to attend, when I visited the student this past winter he was very grateful and enjoyed the experience. In return, he promised to pay it forward and join alumni, state and national associations and some day sponsor a student when he is financially able. I left the campus feeling fulfilled that in some way I made a positive impact on the future of our profession. As active alumni, we can all make this impact by sharing our experiences and giving the student body/recent graduates a little hope and inspiration for their futures. This year I am proud to be sponsoring two students, as are several other members of the President's Alumni Advisory Council and our executive administrators.

"I would like to see that at least 50% of our alumni join the association and begin to pay annual dues that are so reasonable at \$80! Think how much this could impact our university, not only on a financial level but in terms of the atmosphere on campus! I hope this number surprises all of you as much as it did me and motivates you to get involved to encourage other alumni as well. So please make an effort to come to homecoming, sponsor a student for homecoming, and/or become an active/dues paying alumni. We need you — the profession needs you — and the future doctors of chiropractic need you!!

Thank you for making a difference and I hope to see you all at homecoming and don't forget about the bar-b-que on Thursday.



**Dr. John DeMatte IV, Honorary Chair
President's Alumni Advisory Council**

Note: Dr. DeMatte succeeds the late Dr. Frank Strehl as honorary alumni advisory council chair. A 1996 National graduate, he is a partner of DeMatte Chiropractic in Lehighton, Pennsylvania. Dr. DeMatte is also a member of the NCMIC Group board of directors.

A Round-Up of National University Activities

Commencement Speaker



Myra Christopher, BA, president and CEO of the Center for Practical Bioethics, addressed the December 15, 2011, commencement ceremony of the College of Professional Studies. She spoke of her unusual career path that led to her present focus on improving care for those suffering from advanced

illness and chronic pain, and urged the graduates to be open to a future dramatically different from the one for which they have prepared. Be open to opportunities, listen to your heart, she said. "You may be surprised about the places you will go and the people you will meet." Professional degrees awarded included 51 chiropractic, six naturopathic medicine, and five master's of science in acupuncture. At the College of Allied Health Sciences commencement, 12 graduates received the bachelor of science degree in biomedical science and 11 students received the certificate in massage therapy.

Seventh Clinic

National University of Health Sciences continues to expand internship opportunities for its naturopathic medicine students in integrative medicine environments with the opening of National University's seventh clinic, the NUHS Whole Health Center – Naperville (Illinois). The new clinic welcomes naturopathic interns studying under the clinical expertise of Dr. Jennifer Ma, who holds degrees in chiropractic medicine, naturopathic medicine and advanced clinical practice. The clinic also has a strong relationship of consultation and inter-referral with the adjacent private practice of Sean Rardin, MD. Dr. Rardin also serves as a faculty clinician at National

University's campus clinic in Lombard. This allows ND and DC interns to spend part of their time in the Lombard and Naperville clinics interning with an MD and collaborating in his patient diagnosis and care.

Program Partners

National University of Health Sciences (NUHS) and the School of Public Health at the University of Illinois at Chicago (UIC) have partnered to offer two coordinated degree programs for students interested in health sciences and research. Students may earn a doctor of chiropractic degree (DC) while concurrently earning a Master of Public Health (MPH) degree or a Master of Science in Clinical and Translational Science degree (MS CTS) from UIC. These coordinated degree programs take advantage of advanced standing credits in each school, allowing students to finish both degrees in a shorter amount of time than if they took each program separately. For more details, visit the NUHS website News Center at <http://www.nuhs.edu/news/2011/11/>

JCM's Future

In 1991, President James Winterstein proposed the creation of the *Journal Philosophical Constructs for the Chiropractic Profession*. The initial issue was based on papers presented at National's 1991 homecoming. The first issues were a success, and in 1993 the journal changed its name and broadened its purpose, becoming the *Journal of Chiropractic Humanities (JCH)*. Now, in its 11th year, Claire Johnson, DC, journals editor, reflects on the objectives of the publication and her current goal to bring JCH into the PubMed indexing system. For more details, visit the NUHS website News Center at <http://www.nuhs.edu/news/2012/4/>



Florida Scholarships

The Florida Chiropractic Foundation for Education and Research (FCF) recently established two scholarships for NUHS – Florida students. The Dr. Herman Ulrich Gift Scholarship honors the 1935 Lincoln Chiropractic College graduate, Florida practitioner, and outstanding leader of the Florida Chiropractic Association (FCA) and the Hillsborough County Chiropractic Society, who was instrumental in the formation of the FCF. The Dr. Lee Arnold Gift Scholarship honors the 1949 NCC graduate and NCC president from 1984 to 1986. He was a 35-year Florida practitioner, leader of the Chiropractic Council on Neurology, the FCA and Pinellas County Chiropractic Society, who was also instrumental in the formation of the FCF. Pictured (l-r) at the 2011 - 12 scholarship presentation are: Dr. Mark Wieland, FCA representative; Arnold Scholarship winner Dex Alvarez, Ulrich Scholarship winner Gaurav 'Guy' Reshamwala; and Dr. Joseph Stiefel, dean of the College of Professional Studies – Florida.

Many of the news items listed here can also be found on the NUHS website in greater detail. For more information on all the latest news from National, visit the NUHS website at <http://www.nuhs.edu/news/>

A Round-Up of NUHS Student Activities

NUHS – St. Petersburg

National University's Florida students have a proud history of community service and have undertaken several volunteer projects in the St. Pete and Tampa Bay area.

Under the direction of Jaya Prakash, MD, MPH, professor of microbiology at NUHS – St. Petersburg, faculty and students have actively participated in National Public Health Week activities for the past two years.



National University had the largest volunteer contingent of 13 students, an instructor and staff member help with traffic and water stops at the St. Pete Beach Classic and Wendy Johnson Memorial Run in January. One student runner, Drew Hunt, president of the Sports Council, came in second in his age group (20-24) at 1:41 for his FIRST time running the 1/2 Marathon!



NUHS Florida students worked with other groups and volunteers to clean up historic Fort De Soto Park in Pinellas County. In the photo, Purvi Patel, Kristin McKenna and Amber Fogarty hunt for trash as part of the Mid-Summer Coastal Cleanup.

Members of Florida's Motion Palpation Club volunteered for lunch duty at Pinellas Hope, a temporary shelter for homeless men and women. The students served a hot meal to more than 200 individuals.

NUHS – Lombard

Forty-seven NUHS 8th and 9th trimester students journeyed to Standard Process Inc. in Palmyra, Wisconsin in February for a daylong tour of its farm and manufacturing plant and a presentation on the manufacturing practices of the company's whole food nutritional supplements. The annual trip is a part of the students' clinical instruction.



Students from NUHS' ND program placed second out of seven schools in the ZRT Cup finals last summer, and took home a \$2,500 prize for National's Naturopathic Medicine Student Association. The collegiate quiz

bowl is a feature of the Naturopathic Medical Student Association's annual student conference. NUHS' team consisted of Billy Hayduk, Katie Borchert, Rebecca Stallard, John Birdsall, and Thor Conner.

National University has been selected to host the next Naturopathic Gathering of 2012 in November. The event allows ND students from all schools to gather with

experienced naturopathic physicians and educational leaders to deepen their understanding of the roots, history and philosophy of the profession. "As the newest program in the field, our colleagues have demonstrated a great amount of trust in us. It is a great honor for our school, our ND program, as well as our students and faculty," said Fraser Smith, ND, assistant dean of the ND program.

NUHS clinician Brian Anderson, DC, supervised a group of interns who provided chiropractic medical care to almost 100 veterans and active military personnel at the 2011 Illinois Warrior Summit in Chicago.



Interns from NUHS' Whole Health Center – Chicago, under the supervision of NUHS clinician Stephanie Fall, DC, provided chiropractic treatment during the Chicago Marathon for runners and volunteers sponsored by Bright Pink, a group that provides education and support for young women who are at high risk for breast and ovarian cancer.

The Acupuncture and Oriental Medicine Club recently held a clothing drive to benefit needy residents at Pine Ridge Reservation in South Dakota. More than 50 bags of warm clothing were collected for the reservation. Student Mia Davis spearheaded the drive after watching a CBS "60 Minutes" story on living conditions at the reservation and the struggles the many residents face.

Alumnus

THE NEWSLETTER FOR NUHS ALUMNI

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Homecoming '12 Schedule of Events

— 20 CME Hours Available – 6 MT CE Units

Thursday, June 21, on the NUHS Campus

12:30 - 2:30pm	<i>Medicare as It Relates to Chiropractic Practice</i> Susan McClelland, MS, MBA, FICC
2:30 - 3:00pm	Refreshment Break
3:00 - 5:00pm	<i>Medicare – continued</i>
5:00 - 8:00pm	COOK OUT

Friday, June 22, at the DoubleTree Hotel Chicago – Oak Brook

7:00am - 6:30pm	Exhibitor Hours	11:45am - 1:30pm	Alumni/Reunion Luncheon
7:30am - 6:00pm	On-site Clinic	1:30pm - 3:00pm	<i>Insurance Coding</i> Susan McClelland, MS, MBA, FICC
7:30am - 8:30am	50 Year Club Breakfast	3:00pm - 3:30pm	Refreshment Break
8:00am - 9:30am	<i>Lifestyle Modifications</i> James Bogash, DC	3:30pm - 5:00pm	<i>Insurance Coding - continued</i>
9:30am - 10:15am	Refreshment Break	5:00pm - 6:00pm	Exhibitor Reception
10:15am - 11:45am	<i>Whole Food Nutrition Purification</i> Joseph Olejak, DC	6:00pm	PCI / Senior Stewards Reception

Saturday, June 23, at the DoubleTree Hotel Chicago – Oak Brook

7:00am - 4:00pm	Exhibitor Hours	11:45am - 2:00pm	President's State of the University Luncheon
7:30am - 4:00pm	On-site Clinic	2:00pm - 3:30pm	<i>Pediatrics II – Adjunctive Therapy for Kids</i> Kristine Tohtz, DC
8:00am - 9:30am	<i>Integrating Medicine & Expanding Scope of Practice</i> Robert Jones, DC, and Yeonjoo Lee, DC	2:00pm - 3:30pm - MT	<i>MT Session III</i>
8:00am - 9:30am - MT	<i>The Side Lying Advantage: Maximizing Session Outcomes, Client Comfort & Therapist Efficiency</i> Carole Osborne	3:30pm - 4:00pm	Refreshment Break
9:30am - 10:15am	Refreshment Break	4:00pm - 5:30pm	<i>Etiologies of Radiating Pain</i> Geoffrey Bove, DC, PhD
10:15am - 11:45am	<i>Pediatrics I – Children with Attention Concerns</i> David Miller, MD, LAC	4:00pm - 5:30pm - MT	<i>MT Session IV</i>
10:15am - 11:45am - MT	<i>MT Session II</i>	6:30pm - 7:00pm	Cocktail Reception
		7:30pm	Banquet / Entertainment featuring "The Fabulous Frank and Dave" / Dancing

Sunday, June 24, at the DoubleTree Hotel Chicago – Oak Brook

8:00am - 9:30am	<i>McKenzie Method of Mechanical Diagnosis and Therapy</i> Steven Heffner, DC	9:45am - 11:15am	<i>McKenzie Method - continued</i>
9:30am - 9:45am	Refreshment Break	11:15am - 11:30am	Refreshment Break
		11:30am - 12:30pm	<i>Childhood Obesity Prevention</i> Rick Osbourne

Homecoming Speakers

James F. Winterstein, DC



Dr. Winterstein graduated from National 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 fifth 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 led the reorganization of National from a single-purpose college to a hub of integrative health care education, instituting several new programs for the school, including naturopathic medicine, acupuncture and oriental medicine, and massage therapy. He was inducted into the NUHS Hall of Honor in June 2006.

James Bogash, DC



Dr. Bogash graduated summa cum laude from National in 1998. A passion for nutrition, physiology and functional medicine began in school and has persisted. He regularly scans peer-reviewed medical journals for the latest research on natural medicine, nutrition, disease prevention, and disease management. He utilizes this information to bridge the gap between research and clinical practice in the community and in his practice. He has been the publisher of *Dr. Bogash's Rantings* for 12 years, dedicated to educating the public on healthier lifestyles.

Geoffrey Bove, DC, PhD



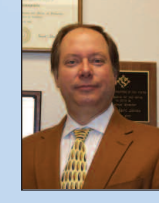
Dr. Bove earned his DC degree from Canadian Memorial Chiropractic College in 1988 and his PhD in anatomy and neurobiology from University of North Carolina – Chapel Hill in 1994. Dr. Bove's research on the effect of inflammation of nerves, as a mechanism of nerve-related and radiating pain, was supported by the National Institutes of Health for more than 10 years. He has taught gross anatomy and human biomechanics at University of North Carolina, Harvard Medical School and Southern Denmark University. In 2004, Dr. Bove was appointed faculty at Harvard Medical School, and moved to the University of New England in 2010, where he is currently an associate professor. His current research focuses on the pathology and treatment of postoperative adhesions. Dr. Bove also maintains a small chiropractic practice.

Steven Heffner, DC



Dr. Heffner has been a board certified chiropractic physician licensed in the state of Pennsylvania for 28 years. He finished his diplomate in Mechanical Diagnosis and Therapy (MDT) in 1997. Dr. Heffner is the director of spinal rehabilitation and work hardening at the Laurel Health System in Wellsboro, Pennsylvania. He is a contributing author concerning MDT of the spine in four separate spinal rehabilitation clinical textbooks. Dr. Heffner is the current chair of the board of directors of Mobility International USA (MIUSA), a non-profit organization that aims to empower those with cognitive, hearing, learning, mental health, physical, systemic, vision, and other disabilities to achieve their human rights through international exchange and international development.

Robert Jones, DC



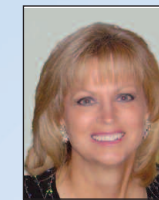
Dr. Jones was born in Camrose, Alberta, Canada, then came to the United States to finish his education with a doctor of chiropractic degree from Palmer College of Chiropractic, his parents' alma mater. After graduating from Palmer in 1989, Dr. Jones practiced in Dixon, Illinois, while his wife Dr. Yeonjoo Lee finished her doctor of chiropractic degree at Palmer. In 1993, Dr. Jones moved to Albuquerque, New Mexico, to practice and has practiced there ever since. In 2001, Dr. Jones along with Dr. Aaron Kaufman and Dr. Lee opened their first integrative clinic, which has now evolved into the Southwest Integrative Health Center. Dr. Jones has earned advanced practice certification, a registry of chiropractors who have continued their education in advanced procedures such as injections and IV therapies and have a specific formulary that enhances their ability to treat their patients.

Yeonjoo Lee, DC



Dr. Lee earned a BS in mathematics from Ewha University in Seoul, Korea, in 1989 and a DC degree from Palmer College of Chiropractic in 1993. She has been practicing in New Mexico with her husband at the Southwest Integrative Health Center in Albuquerque, which focuses on an integrative approach with other practitioners in the clinic. She has been a member of the American Association of Orthopedic Medicine and was trained to perform Prolotherapy/PRP injections. Dr. Lee's current interest in recent years has been in diagnostic and needle guidance ultrasound imaging through musculoskeletal ultrasound courses.

Susan McClelland, MS, MBA, FICC



Mrs. McClelland earned her BS in civil engineering in 1977 and both an MBA and MS in civil engineering in 1980. During graduate school, she met her husband, George McClelland, DC, a 1969 National graduate and started directing her attention to detail (translation: OCD) toward helping the chiropractic profession. She has worked with the ACA as an advisor in the areas of coding, clinical documentation and Medicare for the past 27 years. She lectures nationally on these topics, serves as an advisor to The Chiropractic Summit and several state associations and chiropractic colleges, and also works as a private consultant to doctors of chiropractic across the country.

David Miller, MD, LAC



Dr. Miller is one of few MD physicians in the U.S. dually certified by the American Board of Pediatrics and the National Certification Commission for Acupuncture and Oriental Medicine. Dr. Miller received his bachelor's degree in theoretical mathematics from Vassar College and his MD from the Brown University School of Medicine. He completed his internship and residency in pediatrics at the University of Chicago and received his master of science in traditional oriental medicine (MSTOM) from Pacific College of Oriental Medicine in Chicago. He is currently an instructor in pediatrics and oriental medicine for NUHS' Lincoln College and an instructor at the Pacific College in Chicago where he designed the school's pediatrics curriculum. Dr. Miller is currently legislative director for the Illinois Association of Acupuncture and Oriental Medicine (ILAAOM), president of the Illinois Acupuncture Federation, and sits on the AAAOM Council of State Associations. He is also a Fellow of the Academy of Pediatrics, a member of the National Physician's Alliance, and a member of the Illinois State Medical Society.

Joseph Olejak, DC



Dr. Olejak is a graduate of Palmer College of Chiropractic with 23 years of applied clinical nutrition experience. He has been speaking on nutrition and public health nationally since 2002. The co-author of *Synergistic Therapeutics: Herbs and Whole Food Nutrition for 50 Common Ailments*, Dr. Olejak now writes a monthly newsletter on nutrition called "The Vitality Times," which incorporates scientific, anecdotal and practical tips on eating and supplementing with food concentrates and herbal products. He is currently working on a textbook on chiropractic and nutrition for DC students and a second book for the lay public.

Carole Osborne



Ms. Osborne is the founder of Body Therapy Associates, which provides continuing education and resources for somatic practitioners, and the co-founder of the International Professional School of Bodywork (IPSB), in San Diego, California, where she continues to teach. In 1980, she began collaborating with perinatal professionals and colleagues in researching and developing infant and maternity massage therapy protocols and instructional programs, and pioneered the reintroduction of therapeutic massage and bodywork to health care for the childbearing years. Ms. Osborne has published two textbooks, *Pre- and Perinatal Massage Therapy* and *Deep Tissue Sculpting*, and her articles appear in many professional and mainstream publications. She was recognized by the American Massage Therapy Association (AMTA) Council of Schools as the 2008 National Teacher of the Year, a high point of 35 years as a somatic arts and sciences educator.

Rick Osbourne, MA



Mr. Osbourne earned his BA in physical education and journalism from Northern Illinois University and his MA in sports history and philosophy from Western Illinois University. He is a writer and a childhood obesity prevention specialist who spent 17 years as a physical educator and coach. He currently serves as president of the Pull Your Own Weight Foundation, a not-for-profit, functional childhood obesity prevention initiative. Osbourne is also the co-host of Kids Beating Obesity (WDCB-FM Public Radio in Glen Ellyn, Illinois) a member of the American Society of Exercise Physiologists, and author of *Strong at Everything, Weak at Nothing: How to Motivate Your Kids to Eat Better, Exercise More, and to Immunize Themselves Against Obesity for Life*.

Kristine Tohtz, DC



Dr. Tohtz graduated magna cum laude from National University of Health Sciences in April 2001. In August 2009, she received a Diplomate in Acupuncture from the ACA's Council on Chiropractic Acupuncture, of which she is now a member. In April 2009, Dr. Tohtz completed a certification in Pregnancy and Pediatric Care through the International Chiropractic Pediatric Association and continues her education in care through the Upledger Institute. She is a certified post partum doula and the Illinois state representative for Maternity Wise, and a Certified Yoga Instructor through the Temple of Kriya Yoga. Dr. Tohtz attends numerous continuing education courses in various forms of alternative medicine to integrate into her practice. After her graduation from NUHS, she served as an instructor in chiropractic practice and a staff clinician at National for four years. Dr. Tohtz continues to teach pregnancy and pediatric care as well as acupuncture through National's Lincoln College.

Faculty News

Mabel Chang, DC, MPH, clinical sciences instructor at NUHS-Florida, gave birth to a daughter, Julianne Marie Patricia Sloan, on February 2. Miss Julianne weighed 5 lbs. 9 ozs. and was 19 inches long.

Dr. Jennifer Illes has been appointed "Interim Associate Dean and Clinical Science Instructor for Technique" at NUHS-Florida. In her new position, she will continue to teach but will also assist Dr. Joseph Stiefel with administration of the program at the Florida campus.



Dr. Sonia Joubert, NUHS Whole Health Center – Chicago clinician, devotes her time to a local retirement community in a very special way. For the last several years, Dr. Joubert has appeared as the Easter Bunny and posed for pictures during the gala Easter Egg Hunt and celebration for friends and family at the Timbers of Shorewood in Shorewood, Illinois.

Dr. James and Cynthia Winterstein welcomed a new granddaughter to their family on February 20. Shae Ashley Little weighed in at just over 8 lbs.

Alumni News

1980s



Dr. G.L. St. Germain (1981) has retired from her Lombard, Illinois, chiropractic practice after 30 years of service. "I have been blessed to be able to work in a field that I truly love, and have patients that mean so very much to me," she wrote to her patients. "However, the time has come for me to retire and enjoy some time with my husband, children and grandchildren." Dr. Germain sold her practice at 13 S. Park Avenue, Lombard, to **Dr. Julio Munoz** (2007), whose Integrated Medical Chiropractic's featured services include back pain relief, massage therapy, back decompression, and auto accident injury treatment.

Dr. Jerrold Simon (1984) of Lancaster, Ohio, is serving as vice president of administrative affairs of the Ohio State Chiropractic Association (OSCA) for 2012. The OSCA represents about 850 chiropractic doctors throughout Ohio. Simon has practiced in Lancaster for more than 28 years. He is also a board member of the International Board of Electrodiagnosis, an independent credentialing body in electrodiagnostic procedures.

Dr. Daniel Staight (1980) of Casper, Wyoming, received the Delegate of the Year Award at the ACA's 2012 National Chiropractic Legislative Conference in February in Washington, D.C. The honor is given to a member of the House of Delegates who has demonstrated exceptional service, achievement and/or leadership. Dr. Staight also received an ACA Presidential Leadership Award.

Dr. James Stoxen (1986) of Chicago, Illinois, is one of two chiropractic physicians credited in *How I Got My Wiggle Back: A Memoir of Healing*, the personal story of Anthony Field, founder and costar of the popular children's musical group, The Wiggles. Field was locked in a downward spiral of joint pain, multiple allergies, chronic headaches, and clinical depression that nearly

ended his career. In his book, he tells the story of how two "wonderful doctors" isolated the root cause of many of his physical problems and set him on the road to recovery. He also provides a self-care health program of exercise advice and nutritional information with practical steps to relieve pain and prevent and heal disease.

Dr. Stoxen, known in the entertainment world as the chiropractor to the stars, has broken new ground in recent years with his non-drug approach that challenges and advances conventional theories on human biomechanics. The Stoxen Approach views the body as a giant 'human spring' interconnected from toe to head. One 'lock' in the system can have catastrophic results, inducing what he believes to be the cause of 90% of all chronic pain endured by millions around the world. A locked system also stimulates internal inflammation, toxic buildups, increasingly linked to cancer and other serious ailments including chronic fatigue.

1990s

The Vitality Depot was honored as Vendor of the Year at the ACA's 2012 National Chiropractic Legislative Conference in February in Washington, D.C. The Vitality Depot is a national clinical supply company based in Roanoke, Virginia, and founded by third-generation chiropractor and CEO **Dr. Mark Mandell** (1995).

2000s

Michael Bouvier, LMT, (2004) is the owner of Enlightened Hands Wellness & Massage in Hinsdale, Illinois. He is a Level 2 Certified SSQ Qi Gong and Breath Instructor and Advanced Food Healing Instructor and is studying Chinese Tonic Herbalism under Master Herbalist Ron Teeguarden. He is also a Jiu Jitsu instructor at Trauma MMA. In January, Bouvier held a two-day "Nourishing Your Life" event focusing on creating profound health through the use of specific foods, herbs, and breathing techniques.

Dr. Amanda Karm (2009) and **Dr. John Cress** (2010) recently held a grand opening celebration and open house for their new practice, Active Care Chiropractic & Rehabilitation, LTD, in Arlington Heights, Illinois.

In Memoriam



Dr. Kazuyoshi Takeyachi of Tokyo, one of the historic leaders of the chiropractic profession in Japan, passed away on February 22 at the age of 69.

Dr. Takeyachi was the son of Yoneo Takeyachi, a bonesetter and chiropractic pioneer who opened his chiropractic clinic in Japan in the 1940s and began the challenging task of raising the status of the profession in his country through an accredited educational program. Yoneo, after making the acquaintance of Dr. Joseph Janse, established a family tradition by sending his three sons to NCC for their chiropractic education. In return, some National faculty went to Japan to help the Japanese Chiropractic Association train doctors to develop a continuing education program they could conduct themselves.

Kazuyoshi graduated in 1968 and was the first Japanese chiropractor to receive a standard chiropractic education in the United States after World War II. His brothers, Hiraki and Nobuyoshi, graduated from NCC in 1976 and for over 30 years, the three brothers ran the Tokyo Chiropractic Center in the heart of the city. Kazuyoshi's son, Yasunobu, first earned a medical degree and practiced as an orthopedic surgeon in Japan for three years before continuing the family's chiropractic tradition

and graduating from National in 2006 as valedictorian. He now operates the Takeyachi Chiropractic Center in Tokyo.

Kazuyoshi served as the president of the Japanese Chiropractic Association from 1970 to 1998, and was one of the founders of RMIT University Chiropractic Unit – Japan in 1995, the first accredited chiropractic school in Asia, for which he also held chiropractic, administrative and teaching responsibilities. (In 2009, RMIT University concluded its contract with the Japanese Chiropractic Association and the Tokyo College of Chiropractic was launched with its first cohort of students, who will earn the doctor of chiropractic degree rather than two bachelor's degrees beginning in 2012.) In 1994, Kazuyoshi was honored with National's Alumnus of the Year award, received the World Federation of Chiropractic Honor Award in 1995, received National's Distinguished Service Award in 1998, and was named to the NUHS Hall of Honor in 2006.

Kazuyoshi once said, "National has been our 'mother' in chiropractic, both while we were students and after 30 years of practice. We in the Takeyachi family are proud of our accomplishments in Japan, but none would have been possible without the support of our alma mater, National."



Dr. David M. Cramer of Lake James, Indiana, passed away March 3. He served in the Army during the occupation of Germany after WWII and later during the Korean Conflict. After graduation from Lincoln College of Chiropractic in 1954, Dr. Cramer practiced in Wauseon, Ohio, from

1955 to 1994 and was a member of the Northwestern Ohio Chiropractic Association. Dr. Cramer is survived by his wife, Louise; daughter Sue (Collins) and husband, Kevin; son, Gregory (Christine) Cramer, DC, dean of research at NUHS; and two grandchildren.

Dr. William W. Doup, II, 73 of Bellefontaine, Ohio, died February 16. After graduating from NCC in 1961, he opened his practice in Bellefontaine and had recently achieved 50 years in practice. Dr. Doup is survived by a son; three daughters including Dr. Kathleen (Thomas) Doup-Snapp, NCC 1997; life partner, Colleen Powell; and several grandchildren and great-grandchildren. He was preceded in death by his former wife, Jean.

Dr. Donald Garrett, 59, of Palatine, Illinois, died November 7, 2011. He is survived by his wife, Charlene, and daughter, Gigi. Dr. Garrett graduated from NCC in 1982.

Dr. George J. Grinsell of Pawtucket, Rhode Island, died March 16. He graduated from NCC in 1952 and practiced in Pawtucket for 58 years, retiring in 2010. He was the past president of the Chiropractic Society of Rhode Island and also served on the Rhode Island Chiropractic Board of Examiners. He is survived by his wife, Donna; first wife, Mary; four sons, including Dr. Guy (Margie), NCC 1983; four stepchildren; and several grandchildren and step-grandchildren.

Thomas W. Jourdan, Sr., 84, passed away February 8 in Detroit, Michigan. He is survived by his wife, Kathleen; 11 children including Dr. Michelle Jourdan, NUHS – Florida faculty; 19 grandchildren; and 11 great-grandchildren.

Dr. Leonard Wayne Kimsey, 77, of Huntington, Massachusetts, passed away January 25. Dr. Kimsey attended NCC and graduated from Los Angeles College of Chiropractic in 1958. He practiced for 47 years and retired in 2005.

In Memoriam continues on page 7

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In Memoriam continued from page 6

Dr. Jack R. Lane, 87, of Ogden, Utah, died November 17, 2011, of natural causes. He was a 1948 graduate of Lincoln College of Chiropractic, and practiced in Ogden for more than 40 years. He was able to call Dr. Joseph Janse, who grew up in the small town of Huntsville, Utah, just east of Ogden, a friend and mentor. Dr. Lane was past president of the Utah Chiropractic Association and was an integral part in drafting Utah's broad scope of chiropractic practice back in the 1950s and 1960s. Dr. Lane was also a long-standing member of the Utah Board of Chiropractic Examiners. He is survived by his wife of 68 years, Colleen; six children, two of whom graduated from NCC, Dr. David R. Lane, 1964 and Dr. Michael C. Lane, 1976; 20 grandchildren; and seven great-grandchildren.

Dr. Jack Ervin Mackey, 90, of Paris, Texas, died September 8, 2011. He fought in 17 major battles with the Navy during WWII and received the Purple Heart. He graduated from Southern Methodist University and from NCC in 1949. Cecile, his wife of 45 years, preceded him in death in 2006. He is survived by a niece.

Dr. James Marsa, 77, of Washington, Illinois, and The Villages, Florida, died February 15 in Florida. He graduated from NCC in 1963 and had a private practice in Washington for 17 years. In 1976, he began a career in the lab at Caterpillar Tractor Company, where he worked until his retirement in 1998. He is survived by his wife, Judy; two daughters and a son; seven grandchildren; and one great-grandson.

Dr. Jerry G. Martinez, 86, of Kirkland, Washington, passed away peacefully on February 19. He graduated from high school early to join the Army and serve in WWII where he received the Purple Heart. He moved



to Chicago where he graduated from the National College of Chiropractic and Naturopathic Medicine in 1949. Dr. Martinez returned to Washington where he practiced for nearly 40 years, first in Seattle and later in Fall City. He was a past president of the WANP, faculty that kept National

College of Naturopathic Medicine alive in Seattle, and a past chairman of the board of Bastyr University. He was preceded in death by his wife of 64 years, Villa, and is survived by two daughters; three sons, including Robert Martinez, DC, ND; and several grandchildren and great-grandchildren.

Dr. Martin Patrick Massa, 75, of Sanford, Michigan, died August 29, 2011. He graduated from NCC in 1957 and practiced in Michigan for 38 years, the last seven with his son, Dr. Todd Massa. He had healing hands and a generous heart and was known for always having a story or joke and giving patients as much time as they needed. He was also active in the Michigan Chiropractic Association, Lions Club and Sons of Italy. He is survived by Nancy, his wife of 44 years; five sons, including Dr. Todd (NCC 1988) and Dr. Rodger; a daughter; and several grandchildren and great-grandchildren.

Dr. Howard E. Nix, 96, of White Heath, Illinois, died February 23. He graduated as a registered nurse in 1942, served in the Army Medical Corps during WWII with General Patton during the Battle of the Bulge, and received the Bronze Star. He graduated from NCC in 1948 and was a missionary for the Seventh Day Adventist Church, establishing a chiropractic practice in Dublin, Ireland, from 1949 to 1965. Preceded in death by his wife, Carrie, he is survived by two daughters, two sons, and numerous grandchildren and great-grandchildren.

Dr. Victor J. Orsi, of Chicago, died February 2. He graduated from NCC in 1952. He is survived by his wife, Naida, and a son, Scott (Ada).

Dr. Toini Palo, 94, of Lake Worth, Florida, died February 18, at her home. Dr. Palo graduated from NCC in 1945. Details will be released later this spring.

Dr. Stephen Wallace Yates, 57, of Hayes, Virginia, died at home on December 26, 2011, after a courageous battle with cancer. He graduated from NCC in 1977, and founded the Gloucester Chiropractic Center in Gloucester County, Virginia, in 1978, where he practiced for 30 years. Dr. Yates is survived by sons, Russell and Phillip, and his wife, Renee.

KUDOS

National University of Health Sciences sincerely appreciates the following alumni who have referred students to the **Spring 2012** class. Thank You!

Dr. Kristine Aikenhead	1983	Faculty
Dr. Ralph Bencivengo	1980	New Jersey
Dr. Michelle Brannick	2003	Illinois
Dr. Timothy Chiu	1999	Illinois
Dr. Sean Curry	2001	Illinois
Dr. Terry Elder		Faculty
Dr. John Joyce	2004	Illinois
Dr. Dale Lachman	1989	Illinois
Dr. Miriam Mikhael	1997	Illinois
Dr. Holly Welty Miller	1999	Virginia
Dr. Jim Pucka	1991	Indiana
Dr. Greg Schulte	1999	Illinois
Dr. Dean Smith	1997	Ohio
Dr. Tony Zemlinsky	2002	Illinois